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Natalie Moses Honors Porfolio

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Minnesota State University, Mankato

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Natalie Moses

[Home](#) | [Honors Program](#) | [Employment and Volunteer Work](#) | [Contact Information](#)

Welcome!

Hello and welcome to my eFolio site! My name is Natalie Moses, and I am currently enrolled at Minnesota State University, Mankato. I am majoring in biomedical sciences and minoring in chemistry with the intention of going on to medical school. I am very dedicated and focused when it comes to my education and I am excited to see where my knowledge gained at MSU will take me.

Check out the link to the Honors section to learn more about the program I am a part of at this university.



Personal Mission Statement

I, Natalie Moses, will hold myself to the highest standards regarding both education and ethics through my high academic standing, community service, hard work, and responsible actions.



[Home](#) | [Honors Program](#) | [Employment and Volunteer Work](#) | [Contact Information](#)

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Home | [Honors Program](#) | Employment and Volunteer Work | Contact Information

In this section:

- Leadership
- Global Citizenship
- Research

The Honors Program

The Honors Program at Minnesota State University, Mankato is a program designed for students to take their education further. Our Honors Program focuses directly on building skill sets both in and out of the classroom. We do this by developing each student's global citizenship, leadership, and research skills. There are a variety of aspects to the honors program, including honors courses, activities, and special events. For more information about the honors program at MNSU, please visit our website at <http://www.mnsu.edu/honors/>



Home | [Honors Program](#) | Employment and Volunteer Work | Contact Information

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In this section:

- **Leadership**
 - [Living Leadership Program](#)
 - [Maverick Leadership Program](#)
 - [Honors Program Student Council](#)
 - [Strengths Quest](#)
 - [Leadership in the Classroom](#)
- [Global Citizenship](#)
- [Research](#)

Leadership Philosophy

As I reflect on experiences that I have had since I have begun my college journey, I am surprised by how much my outlook and goals related to leadership have and continue to change. In high school I was the captain of my soccer and basketball teams and in leadership positions in multiple clubs, and I assumed that taught me as much leadership as I was going to need. Looking back on younger versions of myself always makes me feel a bit naïve. Although these experiences I had early on helped me set a foundation for my leadership abilities and philosophy, I had never reflected on my abilities, researched others' techniques, or really pushed myself in my capabilities at all. Luckily for me, being in the Honors Program and the connections I made there allowed for multiple leadership opportunities to fall right into my lap. These not only strengthened my skills, but also pushed me to consider why I was doing what I was and if they were as effective as I hoped.

I learned early on that leadership is a mixture of leading, but also knowing when to step back and allow for those that you are leading to learn on their own. Knowing when to guide and when to listen is an important aspect of leadership. This value of mine has been helpful in group activities and events, such as facilitating the [Living Leadership Program](#) on campus. The program was developed so that students could help teach other students about various leadership strategies and techniques. While I believe that I did help students to develop leadership abilities, by facilitating and attending sessions I think that more than anything I was the one learning and growing. The Living Leadership Program was important for setting the groundwork for my leadership skills. It showed me right away that not only was I able, but I also enjoyed, being in a leadership position and helping others grow into leadership roles themselves. From this program I have learned how to seek out different leadership models. These models, along with discussion and collaboration, have helped me to develop my outlook and philosophy on leadership. I see leadership as a group effort. It is important to lead by example and to be a part of your team, instead of being a boss and demanding work without putting any work in yourself. I have learned that in order to make people listen to you and your ideas, you must be honest, committed, and true to your word. In order for people to act along with you, it is necessary to have a common purpose along with group effort, cooperation, and determination. Although these experiences helped me gain real life experience in leadership, it is sometimes nice to be able to have personal growth and reflection in solitude. One way that I accomplished this was through [StrengthsQuest](#). This resource helped me to evaluate what my strengths are, how I can use them to my advantage, and how I can grow from it. These findings were also expanded through my reflections in classes, such as [leadership in context](#) and [exploring leadership in first year experience](#).

My experience sophomore year in the Living Leadership Program inspired Ashley Strom to ask me to be the undergraduate intern for the revised program now titled the [Maverick Leadership Program](#). This position was one that pushed me out of my comfort zone more than I had anticipated. Although the students that I was advising were my peers, I had to act in a position of authority; organizing meetings, checking in on their progress, grading reflections, and guiding them through the program. It is one thing to develop beliefs on leadership and how it is most successful, but it is another to actually put these beliefs to use. It was through the Maverick Leadership Program that I was able to put my philosophy about leadership into practice. Through this experience I realized no matter how much you want someone to be successful, it is ultimately up to them. You can pave the road to success for them, but it will all be for not if they do not decide to put in the time and effort.

Another leadership experience that I was fortunate to have was being not only a member of the [Honors Program Student Council](#), but also the sophomore class representative in 2014-2015 and the vice president in 2015-2016. This was a very new experience for me. I was surprised with how much influence students have in the development of the Honors Program and I found it both fun and challenging to be involved in helping make these developments. I felt as though I was able to use the philosophies and theories I developed and learned in the Maverick/Living Leadership Programs to help the Honors Program progress and reach some of our goals. More importantly, being in leadership positions in the Honors Program helped me develop skills in leading in a group setting. The most significant finding I had from working in this situation was definitely being able to realize when it is important to voice your point of view and help lead, but also when to step back and let your peers do the leading and develop themselves. This particular finding helped me to discover that by becoming a good leader, it helps you to become a successful follower. This may seem like a strange concept, but it also takes effort to productively follow someone else's guidance. By being in a leadership role, you understand what it is that followers do that make your job harder and how they can effectively help you through delegation of tasks and development of ideas. When you are able to see this through a new point of view, it makes the task of following someone else much easier and constructive. Being a leader in the Honors Program student council helped me to learn to be a follower in other aspects of my life such as a student, in other clubs I am a part of, and as a researcher. I also learned the importance of making your voice heard, but to not over-emphasize a point. There is a "sweet spot" of the amount of information to give a group. You want to make sure that they have enough information that they are informed, but also not give them too much information in that they are overwhelmed or confused. A specific example of this is during the monthly student council meetings. It is necessary to give the students updates as to what is going on in the program, events coming up, classes that are being planned, and any other important information. However, it is not necessary to give the students too much information, such as details into the planning of the events or how we plan on being successful, because this would be too much information and be beyond the scope of necessary information. Leading a group also helped me to develop an appreciation for basic skills such as organization and communication. These may seem like trivial and obvious concepts, but they are essential to success.

Although I am sure my leadership ideals will continue to change and grow, I am extremely happy with how they have already developed in the last couple of years. These skills that I have acquired along with the philosophy that I have developed will be vital to my success in my future career in the medical field. There will be times in my future where I will have to guide patients, coworkers, and students, and also a time where I will need to step back and follow. It will also be important for me to have the ability to reflect on these leadership styles that I explore in my career in the medical field. I will need to use these skills of cooperation, determination, listening, and organization, amongst many others, that I have gained during my pursuit of being an effective leader, but I will also need to continually reflect on the practices I am using and their level of success. I believe that through gaining insight to different leadership styles, exploring these styles in my own life, and developing my own personal style of leadership, I will effectively be able to step into these roles that life will inevitably throw my way, and enjoy myself along the way.

In this section:

- Leadership
- **Global Citizenship**
 - Learning a Second Language
 - Diversity Events
 - Strength in What Remains
 - Global Citizenship Reflection Paper
 - Exploring Lebanese Culture
 - Living in a Venezuelan Home
- Research

Global Citizenship Philosophy

At the beginning of my college career I did not have a good foundation of what it meant to be a global citizen. Coming from a small Wisconsin town, I was naive to say the least. Through many experiences during my time here at MSU, I have been able to learn about what it means to be a global citizen and develop my own philosophy and skills.

My understanding of what global citizenship even meant started with taking [first year experience](#) and exploring the idea. This inquisitiveness expanded when we explored the common read book that year, *Strength in What Remains*. I began to see my own culture as a part of who I am as a person and wanted to learn more about it. These two events in my life set the basis for the next three years of exploring not only what it means to be a global citizen, but also how I can implement this quality into my own life.

The most important experience I have had in this category has been [learning a second language](#) (Spanish). Although I am not fluent in Spanish, I have a solid understanding of the language. More importantly though, in my mind, is the appreciation I gained while taking these courses. It is not easy to learn a second language. It takes a significant amount of time and effort and concentration. I acquired a lot of respect for bilingual and multilingual people through my studying of a second language. Even beyond the language, it became more obvious to me the different nonverbal communications that are present in other cultures and how we must be aware of these differences to avoid miscommunications.

During these courses, besides just learning the actual vocabulary of the language, I also learned a lot about the culture in Spanish speaking countries. However, I learned most about culture of Spanish speaking countries while living with my cousin and his wife, who is from [Venezuela](#). [Living with them](#), I was immersed in a household of Spanish speaking, as well as had the opportunity to enjoy authentic Venezuelan food, appreciate Venezuelan art, and experience the culture first hand. It was a very eye-opening experience that I'm grateful to have had. Through this exploration, not only was I able to gain more information about their cultures, but also appreciate mine as well. I think that when you grow up in the environment that makes up your culture, you become accustomed to it. It is when you start to explore and understand the culture of others that you can fully appreciate and celebrate the differences between the two.

Another event that I attended that really helped me to realize my own culture was the [Lebanese Festival at St. Maron's Church](#) in Minneapolis. Although I had attended this event before as a child, it did not have as much of an impact on me until I had the ability to compare and contrast it with the cultures of others. One example that sticks out to me the most is the difference in dance and the impact it has at events such as weddings. In Lebanese culture, there is a dance, called the Dabke, which is performed at weddings with the guests. It involves swords, traditional Lebanese music, and a form of line dancing. It is similar to American weddings in that line dancing is a common occurrence, but the style of dancing is much more traditional to Lebanon and other Arabic countries.

By attending [multiple diversity events](#), such as Diversity Nights, African Voices of New Americans and the Gender Bender Drag Show, I was able to appreciate and understand other cultures better based on these brief encounters, as well as peak my curiosity. These events really triggered me to explore other traditions and customs more. Different ethnic distinctions and rituals intrigued me. Although it was in a more unexpected way, taking Introduction to Criminal Justice Systems helped me to expand my global citizenship understanding in that it helped me see my own prejudices and habits that I have come accustomed to. Becoming enlightened to these inner prejudices as well as societal prejudices helped me to realize when instances of injustice are happening and to try to correct, at the very least, my thoughts and actions towards these situations.

To me, being a global citizen does not necessarily mean traveling the world. Although this would be a wonderful experience and I can only dream of having that opportunity some day, it is not always realistic. Being a global citizen means understanding culture and appreciating different societies and traditions. Being globally competent means not getting angry and rude when cultural and lingual barriers present themselves, but instead to see this as a challenge, and an opportunity, and accept that challenge. It means to educate yourself about different cultures and languages in order to overcome barriers, appreciate different traditions, and release tensions. In a world that is becoming more and more globally demanding, it is important to understand the barriers that stand in our way and work to move past them to be able to communicate effectively and be successful.

In this section:

- Leadership
- Global Citizenship
- Research
 - Mayo Clinic Summer Undergraduate Research Fellowship
 - Undergraduate Biology Research at MSU Mankato
 - Results Disseminations
 - Research in the Classroom

Research Philosophy

As a freshman, I was sitting through orientation for the honors program when I heard that one of the requirements would be to perform "individualized research". Inwardly, I groaned, because at this point in my life, research meant searching the Internet for documents written by other people and compiling their findings into my own research paper to turn in, with little knowledge gained. It was boring and not extremely thought provoking. Little did I know that over my time here at MSU I would be actively pursuing research opportunities, performing my own research, contemplating pursuing a PhD, and enjoying it. Performing research as an undergraduate student has taught me more than I could have imagined and I am so grateful that I was challenged by the honors program and the university to pursue research opportunities.

Although it may not be the most thrilling form of research, the information literacy aspect is essential to success. A concrete example of when I have had to use information literacy and synthesis was through the [development of lab reports in my classes](#). In multiple courses that I have taken I have had to develop lab reports or research papers. For these assignments, I have had to come up with a question, formulate a hypothesis, and then either obtain my own data or search through already established data to either reject or fail to reject my hypotheses. These are obvious examples; however, I also have had to use these skills in my own individual research. An example of this is oftentimes during my time at Mayo I have hit bumps in the road of where to go next. When this happens, I consult scientific papers of related experiments to see what others have done and use their processes as a [guide for my own research](#). Information literacy and synthesis is necessary when you have to formulate an initial idea as well as when you get stuck during your research or when you are trying to determine the meaning of results.

Original research was the section that I dreaded the most, but it ended up being my favorite part of college. I ended up having two different major original research projects. The first project was [here on campus](#) and involves looking at the cochlea of mice to determine myelination levels and their possible impact on hearing deficits experienced. I spent my junior year working on this research and am continuing it during my senior year. I had the chance to [disseminate](#) my results of this research twice so far, at Posters at St. Paul and at the Undergraduate Research Symposium on campus. My second original research project was this summer at my SURF at Mayo Clinic. There I was in a completely different department. I worked on developing a novel mouse model for *Campylobacter jejuni* infections. I had the chance to [present my results](#) of this project at the end of the summer at a symposium for all the SURF students. This project and my other work during the summer also helped me to land a UREP position in this lab where I am using the skills that I have learned to work on human studies in the gastroenterology department.

As it turns out, sometimes the things that you don't want to do will end up being some of the best experiences you will have. From the second I found out that I had to perform individual research and disseminate the results, I was absolutely dreading it. The only research I had ever done was dry and boring and not very stimulating. However, I could not be more grateful that I gave it a shot and followed through. My time spent in the lab has been some of the most interesting work I have done during my college career. The experience I have gained in the lab has given me an edge up on those who have not done this type of work. Although research started out as an obligation, it is now something that I am actively pursuing. It has taught me to question and ask why and to appreciate the research that others have done before me.

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Undergraduate Research Fellow at Mayo Clinic

Employment Type Internship

Mayo Clinic in Rochester, MN

Start Date *May 31, 2016 - August 5, 2016*

Intern for the St. Croix County Medical Examiner's Office

Employment Type Internship

St. Croix County Medical Examiner

Industry Healthcare Practitioners and Technical

Contacts & References

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