

*The St. Catherine Experience provides an overview of opportunities in your major and your co-curricular options at St. Catherine University. Use this guide in discussions with your academic advisor and other mentors to choose those experiences that will best support your academic, career and personal goals. Please read through this entire guide. Some tips and opportunities may be more relevant for you in different years.*

Suggestions for making connections with your classmates,  
the University and the Department of Biology.

**YEAR 1**  
Gateways

*The Biology department strives to support and challenge each student to develop her potential as a confident, creative and critical thinker who understands core biological concepts, scientific inquiry, and how biology intersects with society.*

### GOALS FOR STUDENTS PURSUING A BA IN BIOLOGY:

- ❑ Breadth of Biological Knowledge: Explain and apply fundamental concepts in biology at different levels of biological organization and scale.
- ❑ Scientific and Quantitative Reasoning Skills: Explain and effectively use scientific methodology, quantitative analysis, and current technology in the lab and field.
- ❑ Effective Communication Skills: Effectively communicate in written, oral, and visual modes to convey biological information to both scientists and non-scientists
- ❑ Information Technology and Information Literacy Skills: Demonstrate proficiency in information technology and information literacy.
- ❑ Nature and Implications of Science: Understand and explain the nature of science and evaluate the implications of science on society and the impact of culture, ideology and social structure on science.
- ❑ Academic, Scientific, and Personal Integrity: Conduct research ethically, understand intellectual property rights, and understand the ethical issues and dilemmas posed by science and the application of scientific knowledge.
- ❑ Critical Thinking and Creative Inquiry: Demonstrate critical thinking and creative inquiry abilities, along with developing intellectual independence.
- ❑ Teamwork and Collaborative Learning: Demonstrate effective teamwork skills and the ability to solve problems collaboratively and to learn in community.
- ❑ Personal and Professional Growth: Exhibit life-long learning skills, perseverance, and an awareness of career paths.

### ACADEMIC AND ADVISING CONNECTIONS

- ❑ Enroll in the Foundations of Biology courses (BIOL 1710, BIOL 1720). These are the first two courses in a three-semester sequence of introductory biology courses required of all biology majors and are designed for students majoring in the sciences as well as those preparing for science graduate or professional programs.
- ❑ Enroll in General Chemistry to support your study of biology. Consider registering for a mathematics course (Calculus or Statistics) to further develop your quantitative skills.
- ❑ Meet with your First-year Advisor throughout the year; discuss the results of the Mapworks Survey and identify resources to get on track for success.
- ❑ Attend the Biology Fall Welcome Lunch. Meet the faculty, staff and upper-level Biology students who are part of this active and unique community of learners at St. Kate's.

*Follow the Biology department on Twitter @StKateBio*

### Career Paths for Biology Majors

There are many areas biology majors can apply their knowledge and skills. These are just a few:

**Healthcare:** Physician, Physician's Assistant, Pharmacist, Dentist, Veterinarian, Genetic Counselor, Optometrist, Physical Therapist

**Environmental Ecology:** Pollution Control Agency, Environmental Engineering

**Industrial Research/Development:** Laboratory Biologist, Research Scientist, Technical Project Leader

**Academic Research/Teaching:** University faculty member

**Public Policy/Law:** Government Technical Analyst, Intellectual Property Lawyer

## Welcome to St. Kate's and the Department of Biology

Drop in and hang out in the Biology Lounge (Mendel 15) — a welcoming community space to gather with classmates to eat, study and discuss current classes and issues. View the resources about possible career fields, look at books, and view materials about fields of study in biology. Don't miss Popcorn Wednesdays!

## Pick up a Biology Handbook ...

... a summary of information about the department, the biology major and student opportunities.

## Financial Aid

Be sure to meet with your assigned Financial Aid Counselor (one of your Campus Connections) once every term to ensure that your financial aid package will support your academic plan.

## Graduate on time!

Take a summer or J-term class to catch up, stay on track, or get ahead in your course of study. If you register for 16 credits each term and take one 2 credit summer or J-term class, you can graduate in 4 years

## Use the Tools

*In addition to the St. Catherine Experience, use these advising tools to ensure you graduate in the time-frame you expect!*

**Degree Evaluation:** Most up-to-date tool to view your degree progression: what classes you have taken and what you still need to complete.

**Transfer Evaluation System (TES):** Use our TES database of over 50,000 pre-approved courses to see if your course has been approved for transfer.

- ❑ Attend Biology Seminars, engaging talks presented by external scholars on a variety of biological topics. Refer to the department's website for topics, dates, locations and times.
- ❑ Attend the Biology Symposia: each is a set of presentations given by Biology majors who have conducted research or done internships. The Symposia take place at the end of each semester. The Fall Symposium includes the Foundations of Biology I Poster Session where students present the results of semester-long research projects.
- ❑ Challenge yourself academically by exploring opportunities in the Antonian Scholars Honors Program. Discuss criteria for entry with your academic advisor.
- ❑ Visit the Office of Global Studies to plan a study-abroad experience; consider a J-term or summer experience, semester or year abroad. Attend the annual Study Abroad Fair in February (see Study Abroad box in Year 2).
- ❑ Complete the Registrar's online form to declare (or change) your major to Biology and obtain an advisor in the Biology department.
- ❑ Use and keep your *Guide to Research and Scientific Communication* (Green Book), a guide for conducting research in Foundations of Biology that you will refer to throughout your years at St. Kate's.

## CAREER AND LEADERSHIP DEVELOPMENT

### Consider ways to connect your major to your future career plans

- ❑ Shadow or conduct an informational interview with a Biology alumna. Obtain names from faculty within the department or from the Career Development staff; sample questions are available in Career Development.
- ❑ Apply for student employment, internships and jobs. Log into KatieCareer and complete your profile. You'll need a résumé and cover letter to apply for a job; Career Development can assist you. Consider openings in the Biology department (see highlighted box in Year 2 for more information).

## SOCIAL JUSTICE AND COMMUNITY CONNECTIONS

### Learn about St. Kate's mission of social justice and get involved in campus life

- ❑ Join BioClub! It's a student group that plans social events (such as the Halloween Party) and community service projects (such as helping with the community garden). See box in Year 2.
- ❑ Attend the Activities Fair. In addition to BioClub, other clubs that may be of interest include the Medical Interest Group and WiMSE (Women in Math, Science and Engineering).
- ❑ Attend the TRW Salon during Family Weekend in the fall and learn what it means to be an educated woman in the liberal arts.
- ❑ Take advantage of opportunities in Campus Ministry: sing, play an instrument, perform liturgical dance. Explore faith-in-action through volunteering or go on a Justice Learning and Outreach trip (January or March). Contact Campus Ministry.
- ❑ Develop a daily practice for reflection time; visit the Chapel or interfaith prayer room in Campus Ministry.
- ❑ Act on St. Kate's commitment to justice through service-learning opportunities such as Volunteers in Action, Justice Learning & Outreach trips, and off-campus opportunities such as America Reads coordinated by the Center for Community Work and Learning. Consider courses that offer a service-learning component.
- ❑ Attend the Myser Initiative on Catholic Identity Award and Lecture Series which brings an outstanding Catholic speaker to campus to deepen the understanding and appreciation of the University's Catholic identity and heritage.
- ❑ Attend an event at The O'Shaughnessy — one of the Twin Cities' premier theater venues — right on campus!
- ❑ Develop financial management skills; attend the college-wide, Money Mentors series or register for the two-credit Financial Management course, INDI 2010: Personal Financial Fitness.

## ACADEMIC AND ADVISING CONNECTIONS

- ❑ If you have not done so, declare your biology major.
- ❑ Fall semester, enroll in BIOL 2710: Foundations of Biology III. Spring semester, enroll in BIOL 2720: Sophomore Seminar and potentially one other biology class.
- ❑ Enroll in Organic Chemistry to support your biology major.
- ❑ Review your academic catalog and Degree Evaluation, then meet with your Biology advisor to identify which major, liberal arts core, and other graduation requirements you have left to complete and to discuss research and internship opportunities (see highlighted box). Plan ahead to ensure you can graduate on time.
- ❑ Talk with staff in the Office of Global Studies to plan a study-abroad experience; consider J-term or summer as options (see box for more information).
- ❑ Take advantage of the faculty's "open door policy." Stop in and learn about course offerings and share your specific interests to build your major. Discuss possibilities for double majoring or completing a minor in an area of interest.
- ❑ Continue to earn a strong GPA to be considered for academic opportunities including: Dean's List, Phi Beta Kappa, Antonian Honors Program, prestigious post graduate scholarships, fellowships and awards and membership into Beta Beta Beta, a national biological honor society.
- ❑ Begin to review graduate school pre-requisites if you think you may be going to graduate school; refer to the list of Pre-Professional Advisors. Meet with them to learn about program requirements and preparations for relevant admissions exams (see highlighted box of advisors).
- ❑ Attend Biology department Seminars and the Biology Symposia as part of your biology major coursework.

## The BioClub

This Biology student group is an opportunity for students interested in biology to meet and work together. Popular community events include the plant sale, the Halloween Party, exam study sessions, and more. BioClub was actively involved in bringing honey bees to campus. To learn more about the honey bees or watch them on the live beecam (in season) visit <https://sites.google.com/a/stkate.edu/bees>. BioClub has also teamed with the Food Justice Coalition to help create a community garden on campus. Finally, BioClub has been working closely with our horticulturist to work on bee-friendly lawns and landscaping. If you are interested in connecting with other students interested in these issues or biology in general, email [bioclub@stkate.edu](mailto:bioclub@stkate.edu).

## Student Employment Opportunities

Consider a work-study opportunity within the Biology department. Student employment positions include: Animal Room Technician, Laboratory Support Assistant, Microbiology Lab Prep Assistant.

Refer questions regarding these work opportunities to our Lab Manager, Chris Palahniuk at [cgpalahniuk@stkate.edu](mailto:cgpalahniuk@stkate.edu).

**Science Tutors:** The O'Neill Learning Center offers a number of positions for students with an excellence grasp of biology content and interpersonal skills. Contact the O'Neill Learning Center for more information.

## Pre-Professional Advisors:

### Pre-Dentistry:

Dr. Martha Phillips, Biology, x6630  
Dr. Gina Mancini-Samuels, Chemistry and Biochemistry, x6620

### Pre-Engineering:

Dr. Kaye Smith, Mathematics and Physics, x6214

### Pre-Law:

Marina Gorsuch, Economics and Political Science, x6547

### Pre-Medicine:

Dr. Gina Mancini-Samuels, Chemistry and Biochemistry, x6620  
Dr. Kurt Olson, Biology, x6529

### Pre-Occupational Therapy:

Contact the Department of Occupational Science and Occupational Therapy

### Pre-Optometry:

Dr. John Pellegrinni, Biology, x6628  
Dr. Gina Mancini-Samuels, Chemistry and Biochemistry, x6620

### Pre-Pharmacy:

Dr. Marcie Myers, Biology, x8733  
Dr. Gina Mancini-Samuels, Chemistry and Biochemistry, x6620

### Pre-Physical Therapy:

Dr. Kurt Olson, Biology, x6529;  
Dr. Jean Omodt, Biology, x6927;  
Dr. Cort Cieminski, Physical Therapy, x7884

### Pre-Physicians Assistant:

Kristin Chalberg, Graduate Admission Counselor, x6620  
Dr. Gina Mancini-Samuels, Chemistry and Biochemistry, x6620

### Pre-Veterinary Medicine:

Dr. Cynthia Norton, Biology, x6631

## Sophomore Seminar

Is a topic-based course in which you will learn the biology necessary to understand the topic, read articles to evaluate evidence, learn to write a review article and develop written and oral communication skills.

## A Guide to Research and Scientific Communication (the Green Book)

*"You should keep this resource for the rest of your life! This is super, super helpful, you will want to take it to graduate school with you. It provides guidance on CSE citing, and how to analyze data as well as provides research and experiment tips." Nicole Keller '15, Biology major*

## CAREER AND LEADERSHIP DEVELOPMENT

- ❑ Consider serving as a teaching assistant, research assistant or program assistant by exploring the Assistantship Mentoring Program (AMP).
- ❑ Build your leadership skills. Take a leadership role in Student Senate, club or organization, LEAD Team, Students Who Are Parents (SWAP), Social Events and Experiences for Katie's (SEEK). Serve as a Student Center Student Building Coordinator, an Orientation Leader or in other campus employment positions.
- ❑ Attend the Sister Seraphim Gibbons Undergraduate Research Symposium to learn about the your peers' creative work and to explore opportunities for collaboration with faculty.
- ❑ Plan to attend the Annual Career Opportunities Fair, the Government and Non-Profit Career Fair (fall), and the Minnesota Private College Job and Internship Fair (spring) to consider a summer internship or job.

## SOCIAL JUSTICE AND COMMUNITY CONNECTIONS

- ❑ Attend events offered by Multicultural and International Programs and Services (MIPS) and discuss important and engaging topics on diversity and inclusion.
- ❑ Consider becoming a student leader on a Justice Learning and Outreach Trip if you attended one as a first-year student.

## Study Abroad Experiences

Go abroad. Many jobs today include an international component. Employers look for skills, abilities and qualities that result from international experience: cooperative problem solving, tolerance for ambiguity, respect for diversity, open-mindedness, self-reliance and adaptability.

Liberal arts courses related to Fine Arts, History and Literature can be especially exciting to take abroad.

1. Meet with staff in Global Studies early in your academic planning for best options. Your advisor, the Department Chair and Global Studies staff have information on the best study abroad programs for completing major courses and staying on track towards graduation.
2. Attend the Study Abroad Fair in February. Application deadline for spring semester is October 1; for summer, fall or year, March 1. J-term priority application deadline is mid-April.

## Options for Your Biology Major/Minor

**Secondary Teaching Licensure:** Students can receive certification to teach biology at the secondary school level by completing the biology major and additional courses in Education and science. You'll have a biology advisor and an education advisor to keep you on track.

**Biology and Physical Therapy:** This dual degree program combines the undergraduate biology major with graduate training in physical therapy. The six-year program will result in a bachelor's degree in Applied Science in Biology as well as a Doctorate in Physical Therapy.

**Biology and Public Health:** This dual degree program combines the undergraduate biology major with graduate training in public health. The five-year program will result in a bachelor's degree in Applied Science in Biology and a Master in Public Health in Global Health.

**A Biology minor** requires: Two 1000-level biology courses, (preferably Foundations of Biology I and II), Foundations of Biology III, and two 4-credit biology courses at or above the 3000 level that have a laboratory or field-based component. (Alternatives may be discussed with the department chair.)

### ACADEMIC AND ADVISING CONNECTIONS

- ❑ Meet with your academic advisor early in the fall to plan the focus of your biology major. Take upper level courses and think about how you will meet all major course requirements.
- ❑ Identify mentors within the Biology department. Take an active role in developing these relationships.
- ❑ Start planning your undergraduate research project or internship (see highlighted boxes). For either an internship or research project, you will present a 15–20 minute talk at the next Biology Symposium about your experience and what you learned.
- ❑ Discuss any plans you have for graduate or professional school with your advisor.
- ❑ Explore opportunities for research and teaching assistantships through the Career Development office (see highlighted box), Student Center and Activities or the Assistantship Mentoring Program in Community Work and Learning (CWL).
- ❑ Become involved in the BioClub.
- ❑ Attend Biology department Seminars and Symposia.
- ❑ Continue to strive for a strong GPA that will enable you to be considered for membership in Beta Beta Beta, the National Honor Society for Biologists, Dean's List, Phi Beta Kappa, and/or Honors Program.
- ❑ Complete and submit the online "Intent to Graduate" form by May 15 if you are graduating in December of the next academic year.
- ❑ Plan to graduate on time! Whether you are looking to get ahead in your coursework, catch up on credits or simply stay on track, enrolling in a Summer Session or J-term course is a great way to do it!
- ❑ Plan for your Global Search for Justice course; study and reflect on social justice issues. Consider choosing a section that offers a service-learning or study abroad option.

### Internships: Why, When and How?

Biology students who are on track for pre-professional programs may want to consider conducting an internship. Talk with your Biology and Pre-professional advisor about opportunities and best timing. Take advantage of the resources available in the Career Development Office to plan your internship. Make an appointment with the Internship Director regardless of where you are in the process. Check out the Internship IDEAS Books in the Career Development Office to review options.

Laura Zirngible, Internship Director,  
Career Development, 460 CDC

### Research Opportunities

**For research within the Biology department:** consider a project with a faculty member by exploring the research interests of the Biology department faculty. Visit the many research posters hanging around the department and talk with faculty members about their research.

- Consider paid opportunities for research including the Collaborative Undergraduate Program's Summer Scholars program (deadline in March), the Assistantship Mentoring Program (deadlines in October and April), and 3M Grants (deadlines in October and April).

**For research outside the Biology department:** Opportunities are available off-campus in a variety of places. Most are paid and many include housing. Be sure to review opportunities for a Research Experience for Undergrads (REU) sponsored by the National Science Foundation. These are highly competitive and have strict applications deadlines. Often research experience within your department is helpful for securing these competitive positions. Work with your major advisor to explore options and complete the application. View the website for more information ([nsf.gov/crssprgm/reu](https://www.nsf.gov/crssprgm/reu)). The University of Minnesota has the Life Sciences Summer Undergraduate Research Program (<https://cbs.umn.edu/lssurp/home>).

Plan to present your research at the Biology Symposium and the Sister Seraphim Gibbons Undergraduate Research Symposium. Also consider presenting at a local or national conference.

## Are you Career and Professional Ready?

### Know what employers and graduate schools want.

- Demonstration of competencies in writing and in interviews/discussions
- Completion of experiences including internships, fieldwork, clinicals, etc.
- Engagement in study abroad, work, leadership, scholarly research, etc.
- Strong academics – good grades, research and engagement in major
- Demonstration of leadership and teamwork in class and off campus
- Technical and professional skills related to fields of interest and study
- Experience with different cultures, people, and environments

Contact the Career Development for more information, 4th Floor CdC, x8890, [stkate.edu/career](http://stkate.edu/career)

## CAREER AND LEADERSHIP DEVELOPMENT

- ❑ Attend the Annual Career Opportunities Fair and Government & Non-Profit Career Fair (fall) to explore opportunities. Practice your interviewing skills for internships and employment opportunities.
- ❑ If you are considering graduate school, utilize the resources in the Career Development library or on the Career Development website. Attend the Graduate School Fair in October. Start the application process early — approach the application process like taking a course! Talk with a career counselor about the pros and cons of attending graduate school right after graduation.
- ❑ Finalize a draft of your résumé with a career counselor.
- ❑ Consider creating an electronic portfolio to highlight your skills, experience and accomplishments. You can build components of an e-portfolio by showing samples of your work on your LinkedIn site, or you can use the D2L e-portfolio option by going to D2L and searching for “eportfolio.” Meet with one of the career counselors in Career Development for ideas about what to include.
- ❑ Attend the annual Minnesota Private College Job & Internship Fair to find summer employment or a summer internship.
- ❑ Serve as an officer in BioClub or some other club or organization. Develop important leadership skills to enhance your résumé.
- ❑ Inquire at the O’Neill Learning Center about becoming a science tutor.

## SOCIAL JUSTICE AND COMMUNITY CONNECTIONS

- ❑ View the bulletin boards around the department to stay current with what is happening within the department
- ❑ Enroll in a service-learning course or an extracurricular service project through Community, Work and Learning

## Strive to become your best ...

### Consider these academic, scholarly opportunities to build your resume and overall St. Catherine experience:

Explore the application process for the **Goldwater** and **Truman Scholarships** for your undergraduate education. The application process for these competitive awards programs takes thoughtful planning and mentoring from faculty. Contact Dr. Lynda Szymanski, Interim Dean, School of Humanities, Arts and Sciences at [laszymanski@stkate.edu](mailto:laszymanski@stkate.edu).

Become a member of **Beta Beta Beta**, the National Honor Society for biologists ([tribeta.org](http://tribeta.org)). Qualifications for membership include completion of Sophomore Seminar, at least one upper-level biology course, and a GPA of 3.0 or better. Tri-beta is dedicated to improving the understanding and appreciation of biological study. Founded in 1922, its purposes are to: 1) promote scholarship in the biological sciences, 2) promote dissemination of biological knowledge, and 3) encourage research. There are hundreds of chapters throughout the United States and the Gamma Alpha chapter at St. Kate’s is the oldest one in Minnesota. Each May, we gather to induct a new class of members and sing wacky biology songs! Family and friends share in the celebration. A benefit of joining, student members can present their research at regional conferences. For more information, Contact Professor Tami McDonald, [trmcdonald@stkate.edu](mailto:trmcdonald@stkate.edu), or Professor Jean Omodt, [jromodt@stkate.edu](mailto:jromodt@stkate.edu).

Challenge yourself academically by exploring opportunities in the **Antonian Scholars Honors Program**. This program offers students of superior ability and motivation an opportunity to study and work with peers and faculty mentors in a specially designed program of the liberal arts. It is comprised of interdisciplinary honors seminars or a combination of at least two seminars and pre-approved equivalents, and an independent research study conducted during the senior year. Contact your advisor for more information or see the Antonian Scholars Honors web site.

**Phi Beta Kappa** is the nation’s oldest and most prestigious undergraduate honor society which recognizes achievement in the liberal arts. Founded in 1776 at the College of William and Mary, it currently has 262 chapters. In 1937, The College of St. Catherine was the first Catholic college or university to be awarded a chapter. A potential member must major in liberal arts and sciences; be of high moral character; rank in the top 10 percent of her class as a senior or the top 7 percent as a junior; and demonstrate understanding of the liberal arts education. For more information, contact Art and Art History Professor Amy Hamlin, Chapter President or Biology Professor Martha Phillips, Secretary.

### ACADEMIC AND ADVISING CONNECTIONS

- ❑ Complete your upper level coursework, and take Senior Seminar.
- ❑ Complete your research or internship and present at one of the Biology Symposia.
- ❑ Apply to graduate and professional programs.
- ❑ Work with Career Development to develop your resume as well as a thoughtful job search plan.
- ❑ Talk to St. Kate's Biology faculty about their connections with alumnae, businesses, and universities. Ask them about how to network with professionals in your field of interest.
- ❑ Attend Biology department Seminars and Symposia.
- ❑ Discuss the opportunity to present your research at the Sister Seraphim Gibbons Undergraduate Research Symposium, an on-campus event that celebrates student scholarship and collaborative research held each spring.
- ❑ Attend the annual Study Abroad Fair to explore post-graduate volunteer, service and work opportunities abroad.
- ❑ Complete the "Intent to Graduate or Complete Certification" form (available on the Registrar's website) and submit it by November 30 if you are graduating in May. Meet with your academic advisor to prepare for graduation by reviewing the Degree Evaluation and the Academic Catalog. Make adjustments as necessary.

### CAREER AND LEADERSHIP DEVELOPMENT

- ❑ Connect with alums and attend events sponsored by professional organizations.
- ❑ Attend the Twin Cities Graduate School Fair in the fall. Make sure you are aware of deadlines and application procedures if you plan to attend graduate or professional school. Most doctoral program applications are due in December or January for fall admittance. Masters-level programs sometimes have later deadlines. Explore scholarships available for graduate school.
- ❑ Use your Career Development "Senior Planner" to help successfully plan this year.
- ❑ Identify faculty and staff on campus who could serve as references for your job search or graduate school applications. Make sure you develop appropriate time lines so that you are able to meet deadlines. The Biology Handbook has useful advice on how to manage this.
- ❑ Participate in the Annual Career Opportunities Fair and the Government & Non-Profit Career Fair (fall) and the Minnesota Private College Job & Internship Fair (spring) to network and secure employment in your field.
- ❑ Mentor other students for leadership roles within the department and in student organizations to which you belong.
- ❑ Serve as a LSA (lab support assistant) in the biology department.

### LEADERSHIP AND STUDENT EMPLOYMENT

- ❑ Take time to reflect on the amazing education you have received; for the faculty who have nurtured your skills, knowledge and passion; and for all those who have provided meaningful mentorship to you at St. Kate's.
- ❑ Consider post-graduate service to further live out St. Kate's commitment to social justice. Learn about opportunities in Center for Community Work and Learning.
- ❑ Prepare to assume independent financial responsibility by understanding and planning to repay your student loans. Attend the Money Mentors series to develop life skills of financial management.
- ❑ Celebrate graduation and all your accomplishments. Celebrate your own academic achievements as well as those of your peers at the annual Honors and Awards ceremony held early May.
- ❑ Connect to the Alumnae/i Relations office and learn how to become an active and supportive alumna of the University.

### Senior Seminar

This course "caps" your biology undergraduate education; here you will develop a research proposal on a topic of your choice while honing your writing, analytical and presentation skills.

### What our Graduates are Doing

**Alexandra Kennedy '15** is a graduate nursing student at St. Catherine University

**Azieb Kidanu '11** is a Public Health Educator and Researcher at the University of Maryland

**Courtney Kirkeide '17** is a student in the Doctor of Physical Therapy program at the University of South Dakota

**Abigail Peterson '09** is a Sterilization Microbiologist at 3M in Maplewood, MN

**Stephanie Peterson '16** is a quality control chemist at Apex International Manufacturing in Chaska, MN

**Nicole Pothén Spencer '13** is studying medicine at the University of Minnesota Medical School

**Shakirah Tumusiime '16** is a graduate student in the Masters of Individualized Genomics and Health at Johns Hopkins University

**Brooke Vetter '08** is a postdoctoral researcher in the Department of Psychiatry and Behavioral Science at the University of Washington

## Biology Department Faculty and Staff

Lynne Gildensoph	Mendel 10	lhgildensoph@stkate.edu	x8621
Gareth Mulraney, Administrative Assistant	Mendel 112	gpmulraney@stkate.edu	x6203
Paula Furey	Mendel 112A	pcfurey@stkate.edu	X8653
Curtis Hammond	Mendel 112B	cwhammond@stkate.edu	X6613
Andrea Kalis	Mendel 12	akkalis@stkate.edu	X6287
Tami McDonald	Mendel 29	trmcdonald@stkate.edu	x6102
Marcie Meyers	Mendel 111	mjmyers@stkate.edu	x8733
Cynthia Norton	Mendel 19	cgnorton@stkate.edu	x6631
Kurt Olson	Mendel 112C	kholson@stkate.edu	x6529
Jean Omodt	Mendel 212C	jromodt@stkate.edu	x6927
Chris Palahniuk, Lab Manager	Mendel 18	cgpalahniuk@stkate.edu	x8763
John Pellegrini	Mendel 215	jjpellegrini@stkate.edu	x6628
Martha Phillips	Mendel 37	mmphillips@stkate.edu	x6630
Kay Tweeten	Mendel 13	katweeten@stkate.edu	x6629
Jill Welter	Mendel 39	jrwelter@stkate.edu	x6232

### Enhance your Biology Major

**Consider these academic, scholarly opportunities to build your resume and overall St. Catherine experience:**

Become involved in a **research project** and then present your research at a regional or national conferences including: the Minnesota Academy of Sciences annual meeting, National Undergraduate Research Conference, Midwest Ecology and Evolution Conference, Developmental Biology Symposium, or Society of Integrative and Comparative Biology to name a few.

**Study abroad!** Take biology in a study abroad program. See highlighted box of Study Abroad opportunities.

**Sister Seraphim Gibbons Undergraduate Research Symposium** Each year, graduating students share findings from their senior research with the University community.

**Mayo Innovation Scholars program.** This program brings together students from a variety of undergraduate disciplines to research Mayo Clinic invention ideas and create business plans for a medical product. Contact your advisor for more information.

**Assistantship Mentoring Program (AMP).** AMP is St. Kate's innovative work-and-learning experience that pairs junior or senior students with faculty or staff mentors to serve as a research or teaching assistant while earning a competitive wage. Inquire with department faculty and be aware of fall and spring deadlines.

Apply for the **Undergraduate Summer Scholars Research Program.** Work side-by-side with a faculty member on original research and earn a generous stipend in one of these great opportunities to add to your resume and/or experience for graduate school.

**Submit a paper** for one of the University scholarships or monetary awards including the annual Awards for Research and Creative Work (through the Abigail Quigley McCarthy Center for Women), Bonnie Jean Kelly and Joan Kelly Student Excellence Awards in Creative & Scholarly Writing and the O'Leary McCarthy Scholarship for Excellence in Undergraduate Writing.

**Conduct an internship.** See highlighted box of information about possibilities.

Inquire about **Post Graduate National Fellowship and Scholarship opportunities.** Students seeking post-graduate fellowships and scholarships (e.g. Fulbright, Rhodes, Marshall, and Turner) can receive expert advice through a mentoring program. The application process for these competitive award programs takes thoughtful planning and mentoring from faculty. PLAN AHEAD. Contact Dr. Lynda Szymanski, Interim Dean, School of Humanities, Arts, and Sciences, laszymanski@stkate.edu.