Welcome to St. Kate’s and the Department Political Science

“St. Catherine’s offers an environment for students to find their voice in a discipline that is predominately male. St. Catherine is the ideal environment to find and enhance your voice through classwork where you will be free to speak up and out … to assume leadership inside and outside the classroom. We know that when women choose to participate in the political process and especially those who seek a career in elective office or public service, they have the same success as men. Here, we do encourage high participation and provide our students with the skills and knowledge to succeed.”

Mary Margaret Smith, Professor

ENTERING STUDENTS

Get Involved in your new community!

- Begin your connection to the University through the New Student Orientation program.
- Don’t miss the department’s OPEN HOUSE in the fall. Learn about the Political Science and International Relations majors and minors as well as courses you can take in History, Geography, Classics, Economics and other Social Sciences.
- Consider your classes. Students majoring in Political Science and International Relations have flexibility in choosing a sequence of electives courses that will suit their interests. Students can easily “double-dip” and have courses in both International Relations and Political Science count towards their major.
- Look into study abroad options. International Relations majors will study abroad at least one semester; study abroad experience can be a semester-long or year-long experience as well as January term or summer experience. Many electives can be taken abroad so planning early for this component is very important. See highlighted box for more information.

ACADEMIC and ADVISING CONNECTIONS

- Meet with your First-Year Advisor throughout fall semester. Discuss the results of the Mapworks Survey and identify resources to get you on track for success.
- Engage in TRW Salons: learn what it means to be a woman educated in the liberal arts.
- Strengthen your writing and math skills at the O'Neill Center for Academic Development
- Explore minors and double major options with your Political Science or International Relations major. Department faculty would love to learn about your interests and explore the many options of this major and minor, and discuss how easy it is to double major within this department. Complete a “What If?” scenario on the Degree Evaluation link with your advisor.
- Officially declare your major by April 1st. Go to the Student tab in KateWay and review your Academic Profile. If you have not declared your major yet, go to Change your Record.
Ask your advisor about the Antonian Honor’s Program’s requirements, benefits and opportunities. Review the St. Catherine Experience Honors Program Advising Tool.

Consider double-majoring with a language. In addition to French and Spanish at St. Kate’s, Japanese, Korean, Arabic and others are offered through ACTC institutions.

Ask about opportunities to participate in Mock Trial with Professor Mary Margaret Smith.

CAREER DEVELOPMENT
Consider ways to connect your major to your future career plans

- Shadow or conduct an informational interview with a Political Science or International Relations alumnae. Obtain names from faculty within the department or from the Career Development staff. Sample questions are available in Career Development.
- Apply for student employment. Start by logging in to KatieCareer and completing your profile. You’ll need a résumé and cover letter to apply; Career Development can help you with this.

SOCIAL JUSTICE AND SPIRITUAL DEVELOPMENT
Learn about St. Kate’s mission of social justice

- Act on St. Kate’s commitment to justice through service-learning opportunities such as Volunteers in Action, Justice Learning & Outreach trips coordinated by Campus Ministry, and off-campus student employment such as America Reads as coordinated by the Center for Community Work and Learning. Consider courses offered each term that offer a service-learning component.
- Develop a habit of reflecting and meditating. Take advantage of the campus environment to identify spaces in which you find solace such as the grounds or Chapel.

COMMUNITY CONNECTIONS
Get Involved in Campus Life

- Volunteer at an agency, advocacy group or political campaign. Start building your experience related to your major.
- Attend lectures, programs and other on-campus and off-campus events.
- Don’t miss the annual Activities Fair in September.
- Join the Political Science Club! This organization strives to facilitate discussion around current political topics on campus. Students organize activities such as political debates, “Get out the Vote,” activities around Constitution Day, political trivia in the Pulse, films, speakers and more. Consider related clubs including: Amnesty International (promotes awareness of human rights on the St. Kate’s campus), Justice and Peace for Palestine Awareness, Model UN, Katie Conservaties, Minnesota Public Interest Research Group MPIRG (a statewide, student-directed nonpartisan advocacy group focusing on social justice, environmental, women’s rights, and consumer protection issues), Pre-Law Club (provides an outlet for students interested in the legal field or applying to law school, and offers opportunities to learn from current attorneys and current laws/juice issues), UNICEF at St. Kate’s (provides St. Kate’s students the opportunity to raise issues concerning children in underdeveloped and developing countries), and Student Senate (the student governing body for baccalaureate students). Check out opportunities at the annual Activities Fair in fall and spring, at the Student Center and Activities website or in the SCA office, 270 CdC.
- Get off campus and take in the rich Twin Cities arts culture: see a play, attend a concert, visit a gallery or museum.
- Use your St. Kate’s Involvement Planner to manage your time and involvements.
- Don’t miss the Faculty-Student Social held in the fall before registration. Come and enjoy food and visit with faculty and your fellow students.

TIPS for Transfer Students
Know that you are not alone: many students transfer to St. Kate’s as Political Science or International Relations majors

As soon as you can, meet with your academic advisor and find out if there is a course or courses that will be important to take early on.

Get to know the faculty in the department and let them know your interests

Career Paths for Political Science and International Relations Majors
Political Science majors can use their skills in a number of employment environments:
- Federal Government – Foreign Service, Public policy, Research, Intelligence, Congressional staff
- Advocacy/Lobbying – Lobbyist, Community Organizer
- Law – Prosecution, Nonprofit or Public Interest, Mediation
- Politics – Lobbying, Campaign Management, Staff Administration
- Business – Sales, Human Resources, Management, Market Research
- Non-Profit – Administration, Management, Fundraising/Development, Grant Writing, Direct Service

Political Science majors can use their skills in a number of employment environments:
- Local and State Government – Regional Planning, City or Town Management, Legislative, Executive or Judicial Services, Program Administration, Law Enforcement, Social Services
- Advocacy/Lobbying – Lobbyist, Community Organizer
- Law – Prosecution, Nonprofit or Public Interest, Mediation
- Politics – Lobbying, Campaign Management, Staff Administration
- Business – Sales, Human Resources, Management, Market Research
- Non-Profit – Administration, Management, Fundraising/Development, Grant Writing, Direct Service
Suggestions for making connections to your developing career goals.

“I have had AMP students assist me with the Model UN course and program. Students are able to take Model UN for credit toward the major, take it a second time as an elective, and a third time as an audit. Their presence in class offers a valuable perspective to other students. The AMP program allows students to have a significant leadership role, and they share a supervisory role with me when we attend the Model UN Conference. I hope to offer this opportunity to an AMP student every spring.”

Maria Tzintzarova, Assistant Professor, Political Science

**ACADEMIC AND ADVISING CONNECTIONS**

- Attend the Second-Year Celebration program in the fall, an important initiation event as a scholar at St. Catherine University.
- Attend the department’s OPEN HOUSE in the fall. If you are new to the department, meet the faculty members and upper-class students to learn about what the majors are within the department and what events and programs will be taking place. If you are already a major, help introduce interested students to the majors.
- Work with the Office of Global Studies to plan a study abroad experience; consider a year, semester, J-term or summer study abroad program. See a sampling of programs suited to Political Science majors in the highlighted box. Note: International Relations majors will participate in at least one semester-abroad experience.
- Take advantage of the faculty’s “open door policy.” Stop in and learn about the course offerings and share your specific interests to build your major. Discuss possibilities for double majoring. Explore with your advisor how to integrate your interests with another major at St. Kate’s.
- Take advantage of the “double dipping” opportunity that allows a Political Science major to crosslist course also count towards other social science Core requirements. There are a number of courses crosslisted with Women’s Studies as well as Critical Studies of Race and Ethnicity.
- Consider participating in the Mock Trial and/or Model UN, which includes out-of-classroom learning experiences.
- Make sure you have officially declared your major. Go to the Student tab in KateWay and review your Academic Profile.
- Before reaching junior status (60 credits), make sure you have completed the on-line form to declare your major. (Go to KateWay/Student Tab, Academic Profile, select the current term to identify your current major. Review your academic catalog and complete a Degree Evaluation, then meet with your advisor to identify which major, minor, liberal arts core and other graduation requirements you have left to complete. Plan a schedule with your advisor that ensures you can graduate in the timeline you are planning.

**COMMUNITY CONNECTIONS**

- Join one of the many clubs and organizations that will help build your confidence in public speaking, leadership skills, and stylistic voice. Consider Pre-Law Club, UNICEF at St. Kate’s, and the Student Senate.
- Ask about Model UN and Mock Trial, two very important programs that involve engaging research, competition opportunities and travel.
- Learn important financial management skills; consider enrolling in the 2-credit INDI 2994: Personal Financial Fitness. Learn how to develop and live on a budget. These are life skills for everyone.

**SOCIAL JUSTICE AND SPIRITUAL DEVELOPMENT**

- Enroll in a service-learning course (designated on the course schedule). Apply classroom theory to practice.

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**How to build your Political Science or International Relations major:**

There is so much flexibility with a Political Science or International Relations major or a minor! Explore how easy it is to double-major as well. Talk with faculty in the department about your interests and appreciate the personal attention the faculty will provide to help plan your major.

**Political Science:**

Register for the five required courses for your major:
- POSC 1710: Introduction to Political Science
- POSC 2010: American Government and Politics
- POSC 2200: Introduction to Comparative Government
- POSC 2250: Introduction to World Politics

Then register for five additional Political Science courses determined by you and your advisor.

**International Relations:**

- ECON 2620: Principles of Macroeconomics
- HIST 1060: Europe Since 1800
- HIST 1160: East Asia Since 1600
- POCS 2250: Introduction to World Politics
- POSC 2220: Introduction to Comparative Government

Register for two language courses beyond the Intermediate I level, then register for seven additional courses to fulfill major requirements. International Relations majors will study abroad for at least one semester.
Attend the Chili and Cornbread events offered by the Multicultural and International Programs and Services (MIPS) office to discuss important and engaging topics on diversity and inclusion.

Volunteer at an agency, advocacy group or political campaign.

**LEADERSHIP DEVELOPMENT AND STUDENT EMPLOYMENT**

- Build on your leadership skills. Take a leadership role in a club, serve as a Student Center Student Building Coordinator, an Orientation Leader, or in other campus employment positions.
- Consider serving as a Teaching Assistant, Research Assistant or Program Collaborator. Explore the Assistantship Mentoring Program (AMP) opportunities with faculty in your department. Expand your degree and your résumé by participating in this unique program.

**CAREER DEVELOPMENT**

- Conduct informational interviews with alumnae who have graduated from St. Kate’s. Contact Career Development staff to help you develop these important contacts. Talk to your professors: invite them to share their wisdom, reflections and own personal networks.
- Explore internship possibilities with your advisor; meet with the Internship Director in Career Development and start the planning process.
- For International Relations majors who are considering work in the Foreign Service, be sure to discuss your interest and questions with your advisor. Visit the Career Development library and view information on this career path. The application for Foreign Service requires careful academic planning.
- Consider creating an electronic portfolio to highlight your skills, experience and accomplishments. See the eFolioMinnesota website at efoliominnesota.com for information. Meet with one of the career counselors in Career Development for ideas for what to include.
- Wondering how you will use your major after you graduate? Discuss with your advisor. Also, consider registering for INDI 2000: Career Development for Women. This 2-credit course is offered fall and spring semesters as well as during J-term. It is the perfect course to help you think more broadly on the versatility of your major.

**Study Abroad Experiences**

Go abroad, get hired! Seven out of 10 jobs today include an international component. Employers look for the skills, abilities, and qualities that result from international experience: cooperative problem solving, tolerance for ambiguity, respect for diversity, open-mindedness, self-reliance, and adaptability. Study abroad is open to all majors. Start planning now! International Relations majors are required to conduct at least a semester abroad. Many internships can be included in study abroad programs. Conduct your research well in advance!

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.

Be sure to 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. A sampling of programs that may interest Political Science and International Relations Majors:

- The Americas (Augsburg: Central America/Mexico); HECUA: CILA, Ecuador
- Europe Denmark International Study Program (Arcadia: University of Limerick, Ireland)
- HECUA: The New Norway, Democracy and Social Change in Northern Ireland
- Middle East CIEE: Diplomacy and Policy Studies, Jordan
- Asia CIEE: South Korea, Thailand; Center for Global Alliance: Beijing, Shanghai, China
- Africa Augsburg: Namibia & South Africa; CIEE: Botswana, South Africa
- USA HECUA (Twin Cities)
Suggestions for making connections to your major.

“Internships are highly recommended for Political Science and International Relations majors. Internships allow students to preview their interests and gain important experience. International Relations majors should review the internship opportunities available in study abroad programs. Plan early!” Mary Margaret Smith, Professor

ACADEMIC AND ADVISING CONNECTIONS

- Explore the Undergraduate Collaborative Research Program with your advisor. Obtain one-on-one experience with a faculty member within the department to conduct research or write a paper. Consider presenting at the Undergraduate Collaborative Research conference in the spring. Discuss opportunities now in order to plan appropriately.

- Participate in the spring ACTC Undergraduate Research Symposium which highlights the ways ACTC students contribute to the vibrant Twin Cities community through direct study, applied research, community work, and original artwork or writing. This engaging program takes place each spring on one of the ACTC campuses. Topics have included Literacy for Learning in Urban Communities, Designing Urban Lives, Degrees of Impact: Local Change in a Global World, Urban Edibles: Connecting Food and Place, and Made in Minnesota: The ‘Eco’ of Economics. Talk with your advisor or go to the ACTC website for more information (actc-mn.org).

- Meet with your academic advisor early in the fall to ensure you are on the right track in planning the focus of your major and minor. Review your Program Planning sheet and plan the year of courses, internships, global studies and other opportunities to enhance your major.

Strive to become your best!

Consider these academic opportunities to build your résumé and overall St. Catherine experience.

**The Antonian Scholars Honors Program** will challenge you as a scholar. 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, as well as an independent research study conducted during the senior year. Contact your advisor for more information or see the Antonian Scholars Honors website.

**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.

**The ACTC Undergraduate Research Symposium** highlights the ways ACTC students contribute to the vibrant Twin Cities community through direct study, applied research, community work, and original artwork or writing. Present your research at this annual event held each spring at one of the ACTC institutions. Theme/topics change every year. (actc-mn.org)

**Postgraduate National Fellowships and Scholarships.** Students seeking postgraduate fellowships and scholarships (including Fulbright, Rhodes, Truman, Marshall, Rotary, Boren Award, and Goldwater) can receive expert advice through a mentoring program. They can also receive funding to prepare materials for submission and interviews. The application process for these prestigious programs takes thoughtful planning and mentoring from faculty. PLAN AHEAD. Contact Dr. Lynda Szymanski, Professor of Psychology and Director of Collaborative Undergraduate Research, x6625, laszymanski@stkate.edu.

**The National Conference on Undergraduate Research (NCUR)** takes place each spring and provides an opportunity for students across the country to present their collaborative research to peers and faculty. Students are mentored to help prepare for conference presentations.

Thinking of Attending Law School?

Obtain a copy of the St. Catherine Experience, a guide for planning your Pre-law curriculum at St. Catherine University

Law Schools admit students from a wide range of experiences and majors. St. Kate’s prepares students for law school through rigorous academic preparation, co-curricular programs, and resources to explore the legal profession. This guide maps out year-to-year suggestions that will prepare you through the application process. St. Kate’s Pre-law Advisor, Maria Tzintzarova, Assistant Professor, Political Science (x6557 or mtzintzarova@stkate.edu) is available to assist students through this process.

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Explore opportunities for research and teaching assistantships through the Assistantship Mentoring Program (AMP) in Community Work and Learning (CWL).

Meet with staff in Global Studies and with your academic advisor to plan for a study abroad experience or a second one. Make sure this planning fits in well with your overall program planning and graduation goals. A study abroad experience is required for International Relations majors.

Discuss opportunities to present a paper or conducted research at the St. Kate’s Scholarship Symposium, an on-campus event that celebrates student scholarship and collaborative research each spring.

Continue to strive for a strong GPA that will enable you to be considered for the Dean’s List and/or Honor’s Program.

Plan for your Global Search for Justice course. Consider choosing a section that offers an off-campus learning component such as service learning or study abroad.

Complete and submit the “Declaration of Intent to Graduate” form by May 15 if you are graduating in December of the next academic year. Go to KateWay, My Education tab.

CAREER DEVELOPMENT

Discuss internship options with your advisor; schedule a subsequent meeting with the Internship Director in Career Development for internship program information. Include work experience on your résumé.

Attend the Annual Career Opportunities Fair in the fall to explore opportunities. Practice your interviewing skills for internships and employment opportunities.

If you are considering graduate school, talk with your advisor. Also, utilize the graduate school resources in the Career Development library or on the Career Development website. Attend the Graduate School Fair in October and start the application process early. Talk with your advisor and 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.

Continue to build your electronic portfolio to highlight your skills and accomplishments. See the eFolio website at efoliominnesota.com. Questions? Contact Career Development.

LEADERSHIP AND STUDENT EMPLOYMENT

Take a leadership role in the Political Science Club, Pre-Law Club, Mock Trial, Model UN, Student Senate, the LEAD Team, Students Who Are Parents (SWAP), or Social Events and Experiences for Katies (SEEK). Serve as a Student Center Building Coordinator, an Orientation Leader or in other campus employment opportunities.

Develop your professional voice: Register for THR 2330: Voice in the Workplace or COMM 1030: Speaking to Lead and Influence to build your confidence in public speaking.

Skills developed by Political Science and International Relations majors

Reasoning and Logic
- Conduct critical analysis for problem solving
- Use different types of logic to approach a problem

Argument and Debate
- Argue persuasively
- Shape and articulate convincing arguments
- Develop skills in negotiation or mediation

Mathematics
- Work with statistical data in spreadsheets and databases
- Use statistical packages and develop computer skills
- Collect, organize and analyze data

Political Analysis
- Gain the background and skills for career/civic action
- Understand the structure of government in different states, countries and regions
- Recognize and analyze the purposes and processes of local, state and federal governments
- Comprehend difficult concepts and synthesize ideas from complex issues

Communication and Research
- Effectively communicate verbally and in writing
- Research vital local, domestic and international issues
- Develop administrative, planning and organizational skills

Department of Political Science and International Relations Faculty

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Maria Tzintzarova  Assistant Professor, Political Science  x6557  mhzintzarova@stkate.edu

Department of Political Science and International Relations Faculty
Suggestions for making connections to your profession and to your life after graduation.

“I was impressed by the diversity of experience at St. Kate’s and how the University values what everyone brings to the discussion.”  
Betty McCollum, alumna and U.S. Congresswoman

ACADEMIC AND ADVISING CONNECTIONS

- Consider conducting an internship if you have not done so yet. Internships provide pathways to employment after college.
- Consider registering for POSC 4954: Independent Study. In this course, students conduct research on a topic of interest under the supervision of a faculty member. Consider presenting this research at the National Conference on Undergraduate Research (NCUR) or the ACTC Undergraduate Research Symposium.
- Discuss the opportunity to present your research at the spring St. Kate’s Scholarship Symposium, an on-campus event that celebrates student scholarship and collaborative research each spring.
- Attend the annual Study Abroad Fair to explore postgraduate volunteer, service and work opportunities abroad.
- Complete and submit the “Declaration of Intent to Graduate” form by November 30 if you are graduating in May. Go to KateWay, My Education tab. Meet with your academic advisor to prepare for graduation by reviewing the Degree Evaluation and the Academic Catalog. Make adjustments as necessary. (Go to Student tab in KateWay, link to Degree Evaluation.)

CAREER DEVELOPMENT

- Meet with a Career Counselor to ensure you have developed a job search plan; finalize your résumé and practice your interviewing and networking skills. Connect with alumnae and attend events sponsored by professional organizations. Political Science majors have found satisfying employment in government areas including public policy, research or city planning, international affairs or foreign service. Work with a career counselor to explore all your options related to your interests.
- Use your Career Development “Senior Planner” to help successfully plan this year.
- 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. Explore scholarships available for graduate school. View websites in Career Development and Financial Aid.
- Identify faculty and staff on campus who could serve as references for your job search. Make sure you develop appropriate timelines so that you are able to meet deadlines for completed applications.
- 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.
- Put finishing touches on your portfolio, highlighting your accomplishments in your major and in your co-curricular experiences. See the eFolioMinnesota website at efoliominnesota.com for information.

LEADERSHIP DEVELOPMENT

- Mentor other students for leadership roles within the department and in student organizations to which you belong.

Internships are Essential!

Internships are useful for exploring potential careers while gaining professional experience and exposure. The opportunity to develop skills and network with professionals is crucial to prepare for your future.

For International Relations majors, there are a number of internships that are offered abroad. The minimum requirement is one semester abroad, but students are highly encouraged to conduct a year-long study abroad experience.

Take advantage of resources in the Career Development Office. Career counselors are ready to help regardless of where you are in the process. Make an appointment or stop in during walk-in hours to research and apply for internships.

Internship site opportunities for Political Science Majors:
- Senator Amy Klobuchar
- Representative Betty McCollum
- Minnesota Brain Injury Association
- Office of the Mayor, Saint Paul
- Habitat for Humanity
- Minnesota House of Representatives
- Minnesota Chamber of Commerce

Internship sites opportunities for International Relations Majors:
- National Model UN/National Collegiate Conference Association
- Global Classroom
- Witness for Peace
- Norway House
- The Advocates for Human Rights
- Lutheran Social Services
- Minnesota International Center

Check out the Internship IDEAS Books in the Career Development Office for more options. Discuss opportunities with any Political Science or International Relations faculty and/or Laura Zirngibl, Internship Director, in Career Development.
COMMUNITY CONNECTIONS

- Consider postgraduate service to further live out St. Kate’s commitment to social justice. Learn about these opportunities in Community Work and Learning.
- Attend the Money Management workshops on budgeting, identity theft, repaying your student loans, etc. Develop sound money skills for a life after graduation. These skills will serve you well — now and into the future.
- Celebrate graduation and all your accomplishments: attend the department’s celebration for graduating seniors.
- As you prepare for graduation, celebrate all your connections to the University, including mentoring relationships with faculty and staff, and lifelong friendships with your classmates.
- Become orientated to Alumnae Relations, and learn how to be an active and supportive alumna of the University.

Enhance your Political Science and International Relations Major: • Choose two or more

- **Conduct an internship!** See the highlighted box of information regarding internships. The best time to conduct an internship will be during your junior or senior year.

- **Study abroad!** Consider taking your upper-level history class abroad. See highlighted box of Study Abroad Experiences for information and examples of programs specific for Political Science and/or International Relations majors.

- **Register for POSC 2992: Model UN.** This course provides an introduction to the structure and functions of the United Nations and its agencies. It focuses on international issues such as human rights, sustainable development, environmental protection, security, conflict and cooperation. It prepares students for participation as delegates to the annual National Model United Nations Conference in New York where they represent an assigned country in a simulation with more than 2,500 students from across the globe. Conference participation helps students gain knowledge in diplomacy, negotiation, conflict resolution and the procedures of the United Nations. In the works is a Model UN club and new course offerings in international relations, political science and history. For more information, contact Maria Tzintzarova, Assistant Professor, Political Science, x6557; tzintzarova@stkate.edu

- **POSC 2992: Mock Trial.** Students from many disciplines may want to enroll in St. Kate’s Mock Trial course that begins with formal training and continues with regional and national competitions. This is excellent preparation for students who want to build skills in debate, oral communication, investigative research and reporting. Students who plan to attend law school can benefit greatly from this program. For more information about Mock Trial, contact Maria Tzintzarova, Assistant Professor, Political Science (x6557 or mtzintzarova@stkate.edu).

- **Apply for an Assistantship Mentoring Program (AMP) position.** Earn a competitive hourly wage serving as a Research Assistant, Teaching Assistant or Program Collaborator. Inquire with departmental faculty and be aware of fall and spring deadlines posted on the Daily Update.

- **Apply for the Undergraduate Summer 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 résumé and/or experience for graduate school. Year-long and summer opportunities are available.

- **PLEN Scholarship.** The Abigail Quigley McCarthy (AQM) Center for Women offers scholarships each fall for students to attend Public Leadership Education Network (PLEN) seminars in Washington, D.C. The seminars are designed to give a behind-the-scenes look at the political process in Washington, particularly as it relates to women. Attendees meet with congressional members, non-profit leaders, and those involved in activism and advocacy. This is also an opportunity to network with other students interested in women and public policy issues. Complete a Scholarship Application Form and submit it to the AQM Center for Women for an opportunity to receive funding to attend PLEN seminars.

- **Enroll in a service-learning course.** Apply theory to practice in an engaging course that connects you to the communities that surround St. Catherine University. (Service-learning courses are designated in course schedule as “integrated service-learning.”)

- **Present/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. For more information on these awards, go to the Writing Intensive Program homepage on KateWay, then Student Resource tab and Writing Awards.