



## Imposter Syndrome is real!

Do you ever feel like your accomplishments (grades, awards, getting into Stetson or grad school) are a matter of luck instead of as a result of hard work and talent? Do you have the sneaking suspicion that eventually someone will realize that you are a fraud and don't really belong? You may suffer from Imposter Syndrome! You might be surprised to know that many people with Imposter Syndrome are high achievers who can't really accept the fact that they are successful or that they have earned those successes. You might also be surprised at how many people experience this syndrome but don't say anything about it to others....its pretty common! Not surprisingly, the more different you feel from others around you (e.g. gender, race, ethnicity, sexual orientation) the more likely you are to feel like an imposter.

- Do you over prepare for assignments and exams so that while earning a high grade, you no longer have a social life, time for hobbies, or doing things you really enjoy?
- Do you procrastinate completing assignments because you are afraid you won't do it perfectly? Then end up rushing through it and not earning an ideal grade, or not getting it in on time, or you may even fail to hand it in at all?
- THIS IS NOT FUN AND NOT PRODUCTIVE!

### So how can you stop feeling like an imposter?

First of all, **remember that no one is perfect**; no matter how perfect they seem to you, they are not satisfied with themselves either. Stop beating yourself up when you can't meet the incredibly high goals you set for yourself. Focus instead on doing the best you can at the moment.

**Don't forget that we learn from mistakes**, so if you don't do as well on a task or assignment as you would like, take some time to figure out WHY. Was it an unrealistic expectation? did you miss out on some element of the assignment or task?

**Remind yourself about what you do well.** If you sit down and make a list of all the things you are good at, you might be surprised and pleased to see how long it is. Glory in that list! Then make a short list of things you'd like to work on, and put your efforts toward that short list.

**Ask for help** or mentoring from your advisor, professors, therapists, or friends. Sometimes you need another point of view to help you start changing your way of thinking....to move away from feeling like an imposter toward feeling like the accomplished college student that you are.



## Senior Honors 2021

Every year we celebrate our graduating seniors and their accomplishments.

Please join us in congratulating the following graduates!

**Dorothy Fuller Award** for Outstanding Student:

**Shmuel Fogel** for his overall impressive accomplishments, service and research.

**Research Award**: **Anna Baj** (Investigating how a Single Point Mutation in FUS1

Alters Yeast Cell Fusion) and **Kathryn Moran** (Identifying Health Impacts of *Railietiella orientalis* Infection in Banded Water Snakes).

**Service Award**: **Emma Hall** for her work in the SPI program, Beta Beta Beta, and a myriad of other activities.

**Outstanding**

**Seniors**: **Anna Baj**, **Amber Caton**, **Taylor Demers**, **Shmuel Fogel**, **Emma Hall**, **Jeffrey Lu**, **Kathryn Moran**, **Abdul Muneeb**, and **Madison Reeves**

## Graduates

Take a look at what a subsample of our seniors are planning to do next year. Its an exciting time for all of our 40+ graduating seniors



**Anna Baj** will be starting a post-bac program at the National Institutes of Health; **Tahirah Perry** will start work on her MPH at Emory with a focus on Global Health; **Jeffrey Lu** plans to attend medical school





**Alison Martin** will start work on a Master's in Occupational Health at Washington University; **Trevor Storey** will study for the MCATs and plans to earn an MD/PhD; **Leah Day** is job hunting and hopes to work with whales or sharks



**Cayla Gonzalez** will be working as a manatee tracker for the Clearwater Marine Aquarium; **Johnisha Wright** is preparing for the LSAT; **Amber Caton** will be attending the Virginia Maryland College of Veterinary Medicine



**Emma Hall** is preparing to take the certification tests required for teaching high school biology; **Kathryn Moran** (represented by her dog River and bearded dragon Charles) will be attending Tufts Veterinary School; **Shmuel Fogel** plans to attend medical school



**Meghan McLean** will be studying for her Master's in Pathology at Dalhousie University; **Breanna Valderrama** will start work on a Master's in Healthcare at the University of Denver





**Tabor Filipello** will take a gap year as he prepares for a Ph.D. program in marine & aquatic biology

## Student Presentations at Conferences

Several Biology majors attended professional conferences this year where they presented their Senior Research Projects and mingled with Ph.Ds & grad students.

**Tessa Barnard** presented her project *Exotic fish species may exceed native species biomass in Volusia Blue Spring* at ASB (Association of Southeastern Biologists) and SCURS (South Carolina Upstate Research Symposium)

**Tabor Filipello** presented his project *Longitudinal change in fish size in a central Florida spring* at ASB and SCURS

**Cheyenne Mills** presented her project *MTORC inhibition in the development and lifespan of Vanessa cardui* at ASB

**Jordan Ogg** presented her project *Amyloid beta-induced chemotaxis behavior and neuronal morphology in transgenic C. elegans* at Women of Whiting - Women in STEM Symposium at Johns Hopkins University (she was one of just 4 undergrads presenting!) and at ASB, where she won the best Poster Presentation Award in Cell & Molecular Biology!

## Stetson Showcase 2021

Biology students did well at this year's Stetson Showcase!

### Maris Prizes

**Anna Baj** - Investigating how a single point mutation in FUS1 alters yeast cell fusion

**Shmuel Fogel** - PAK-1 inhibition in chronic lymphocytic leukemia cells following treatment with *Alpinia zerumbet* extract

**Alison Martin** - Effects of ibuprofen on development of axolotl embryos

**Tahirah Perry** - Impact of light availability and the mutualistic relationship with nitrogen-fixing bacterium, Rhizobium, on above ground growth of *Chamaecrista fasciculata*

### Runners-up

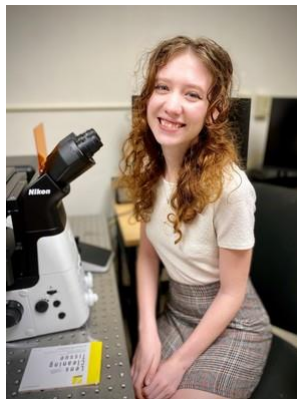
**Marie Domina** - *Mus musculus* as an intermediate host of a recently introduced snake parasite in Florida, *Raillietiella orientalis*

**Meghan McLean** - Cyclopamine influence on hedgehog signaling pathway in *Vanessa cardui* butterflies

**Cheyenne Mills** - Investigating the TOR pathway in *Vanessa cardui* butterflies with rapamycin

**Jordan Ogg** - Amyloid- $\beta$ -induced chemotaxis behavior and neuronal morphology in transgenic *Caenorhabditis elegans*

## Internships and summer programs



Tom Sussan has been helping conduct clinical research trials for the Janssen COVID vaccine; Saige-Lyn Gidzinski worked with the Marine Mammal Stranding Center to develop a detailed map of strandings and got to take part in a necropsy of a beached whale; Jordan Ogg will be working in an FSU research lab that is using mouse models of Alzheimer's Disease to better understand behavioral deficits and potential treatments.

**Carissa Ali** has been interning as a medical scribe and care navigator for Care Through Lauen **Baker** will be interning in the Turtle Rehab division of the Marine Science Center **Rebekah Brawley** will participate in a Summer Neurosciences Program at UF **Chloe DeYoung** will be abroad in Vienna this summer studying psychology **Saige-Lyn Gidzinski** will continue to intern as an Naturalist at Island Beach State Park **Tabor Filipello** interned in the Brevard Zoo's Restore Our Shores program **Cayla Gonzalez** interned as a Manatee Rover for Blue Spring State Park **Jennifer Kisow** interned as an aquarist at the Marine Discovery Center **Stevie Simpson** will participate in a Neurosciences REU at FAU this summer **Verania Sosa** will intern as an aquarist at the Marine Discovery Center **Nikki Steiniger** will work as a Summer Research Intern at MD Anderson in Texas **Darby Thomas** interned as a water quality scientist with the Palm Beach County Environmental Resource Management Department **Brianna Vash** interned in the living shoreline restoration program at the Riverside Conservancy **Nora Walker** will intern as a SCUBA instructor and educator for Atlantic Scuba

## Sage Hall Renovations

This summer, Sage Hall will undergo some renovations (new molecular research areas in the old Reading Room & Admin offices, new student areas in the lobby and the second floor balcony), so there will be no access to the building until the start of the fall semester.