

# NEWSLETTER

# 2020-2021

ISSUE NO 4 | JUNE - 2021 | UNDERGRADUATE RESEARCH FELLOWS



Photo by Marshall Burrows

## OUR FELLOWS IN 2021

This was an interesting year to be sure, but our URFs still managed to be extraordinary despite the difficulties of these times.

In the 2020-2021 school year we had 101 active URFs with members in every college and over 30 departments! Biological Engineering was the most popular major with Chemistry/Biochemistry at a close second. About 87% of URFs participated in research this year with 31 assisting mentors and 23 leading your own projects, together averaging 5.7 hours of research a week!

Many of you went beyond researching and presented, published, or won awards. Fellows participated in local and national events ranging from the USU Student Research Symposium to the American Astrophysical Society!

This year many students are celebrating graduation, congratulations and well done! Read on for spotlights on these grads and much more great news from all our URFs in 2021!

## Graduates... 2

Congratulations class of 2021! Read about our grads

## Publications... 16

Several URFs published their research this year

## Presentations... 17

Students shared research at conferences near and far

## Accomplishments... 19

Several fellows won awards and joined programs

## Adventures... 20

Our Fellows keep busy outside of research too!

## Advice... 22

See what peers say about life, research, and more

## Congratulations Class of 2021!

This year we were able to host a graduation celebration at Willow park! Highlights included a delicious meal from Even Stevens, a heartfelt farewell to our grads from Dr. Alexa Sand, a trip to Logan's adorable local zoo, and some ducks who took an interest in social distancing. Overall, an excellent first in-person event since last March!



Since not all of our graduates could attend, we will also be spotlighting them here to celebrate their accomplishments.

Congratulations and well done class of 2021!





**Alek Nelson / Journalism / Computer Science, Music, and Yoga Studies Minors**

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Alek joined the URF program in 2015 and has since been actively engaged in several research projects including the Digital Folklore Project, a study on the social media effects after the 2016 election, and a recent investigation about COVID-19 news sources and disinformation.

Alek has also been a Lillywhite scholar, Peak Fellow, URF Ambassador, and council member of the USU Public Relations Student Society of America!

If you want to know what helped Alek through is degree, here's his advice to URFs: "Don't ever feel bad for taking some time for yourself! It's okay to have some downtime. Most of us are overachievers and it's okay to rest."

Congratulations Alek!

**Jenn Ha / Psychology and Global Communications / Biology, Chemistry, Linguistics, and Anticipatory Intelligence Minors**

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Jenn joined the URF program in 2019 and engaged in many research projects in the past three years. She joined several labs in both the Psychology and Biology departments, and her main interests include understanding cognitive biases, stereotyping and prejudice, and exploring how morality is developed.

Jenn was also awarded an URCO grant to research how a student's gender, race, and ethnicity affects a practitioner's identification decision.

As advice for other fellow researchers, Jenn recommends, "Jump into research! It's intimidating, but the best experience you can get!"

Congratulations Jenn!

**Maria Catalano / Conservation Restoration Ecology / Spanish, Sociology Minors**

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Maria has been a URF since 2018 and lead several of her own research projects during her time at USU! Her primary project involved using data from stable carbon isotopes in tree rings to study water and carbon fluxes in response to climate change. She also contributed to the QCNR Women History Project to uncover the history of women in this college.

Maria is also graduating as the QCNR valedictorian and 2021 Scholar of the Year!

Maria advises URFs: "Don't overwhelm yourself. Finding projects you are interested can take awhile - don't rush yourself and don't be afraid to say no to projects that don't interest you."

Congratulations Maria!

**Jaclyn Caldwell / Political Science / Spanish Minor**

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Jaclyn became a URF in 2019 and has since assisted with political research projects and completed a congressional internship. Her work with the Aggies Geopolitical Observatory allowed Jaclyn to study the ways in which NATO, Australia, and Japan responded to the 1998 bombings of the US embassies in Tanzania and Kenya in order to further understand the relationship that exists between these countries and organization.

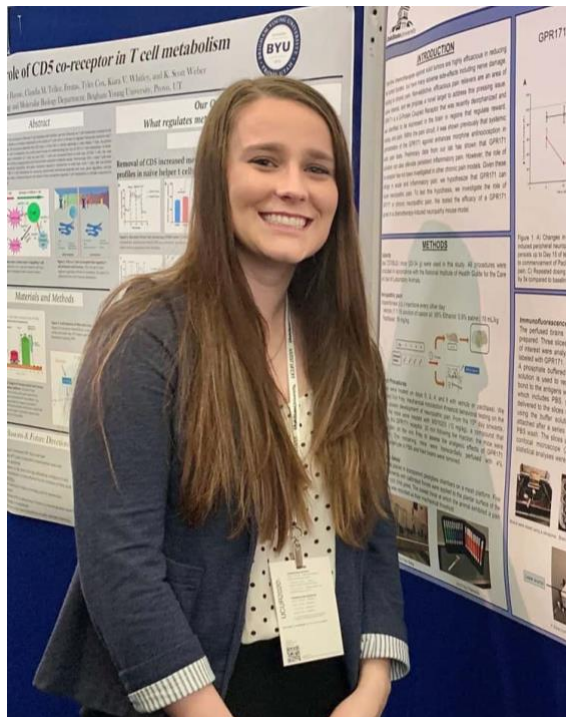
Jaclyn plans to take the LSAT this summer and begin applying to become a paralegal.

When she isn't working on school, Jaclyn enjoys cooking, painting, and reading as well as spending time with her new husband, Jacob!

Congratulations Jaclyn!



**Taylor Edwards / Human Biology / Chemistry and Business Minors**



Taylor joined the URF program in 2017 and has been an engaged researcher in the Bobeck lab. She has studied the effects of a G-protein coupled receptor in the brain in regions that regulate reward, anxiety, and pain. Studies have shown that manipulating this pathway could alleviate pain.

In addition to research, Taylor has also been a Lillywhite scholar, member of the American Society for Pharmacology and Experimental Therapeutics, and National Society of Collegiate Scholars member.

Taylor has also worked as a dental assistant for multiple offices and will be attending the University of Washington School of Dentistry starting this summer!

Congratulations Taylor!

**Jessica Ivie / Cultural Anthropology / Anticipatory Intelligence, Entrepreneurship, International Studies Minors**



Jessica has been a URF since 2019 and has led personal research about environmental damage effects and predictive simulations for slowing climate change. She also assisted with a healthy living research project and collecting cultural information about the Kiribati to the Fife folklore archives.

Jessica has also been a Huntsman Scholar, Community-Engaged Scholar, and Blue Crew member during her time at USU. When she's not busy with her many projects, Jessica enjoys hammocking, painting, and sledding.

Jessica will be attending Oxford University after graduation and working towards a MSc in Migration Studies.

Congratulations Jessica!

**Sarah Johns / Law and Constitutional Studies / Criminal Justice Minor**

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Sarah joined the URF program in 2017 and has since been involved in many research projects. She researched credible sources for African civil wars, performed literature reviews for meta-analysis of policy solutions to homelessness, and recently assisted with a project regarding congressional reapportionment.

Sarah was also a University Ambassador, Merrill Scholar, and presented at the Citizen Scholar Conference.

Sarah also likes hikes, naps, and snacks and advises current or future URFs to "Go get outside while you live somewhere rad!"

Congratulations Sarah!

**Sierra Flores / Biological Engineering / Entrepreneurship Minor**

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Sierra has been a URF since 2015 and has performed extensive lab work assisting with bacteria for bioplastics, analyzing anti-inflammatory compounds, engineering and producing proteins through E. coli, and developing a self-disinfecting surface to aid in bacterial load reduction in hemodialysis systems.

Sierra has also received the Clayton and Helen B. Clark Engineering Scholarship, been an Outstanding Junior Award nominee, a Goldwater Research Scholarship nominee, and won 1<sup>st</sup> place at Intermountain Biological Engineering Conference.

Sierra wants other URFs to know, "Don't stick with a project you don't like. Experience is good, but finding projects you're passionate about is better."

Congratulations Sierra!



**Carlos Gutierrez / Political Science & Spanish**

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Carlos joined the program in 2018 and has been interested in researching Mexican and Latin American history, culture, literature, and government. His projects have included studying interactions between western media and Hispanic culture by looking at topics such as the mafia and soccer in media and culture.

Carlos has also been part of the Merrill Scholar's Program, an Achievement of the Year finalist, and a Horatio Alger National Scholar.

After graduating, Carlos will be moving to Washington State and studying for the LSAT this summer.

Congratulations Carlos!

**Natalie D'Souza / Wildlife Ecology and Management / Journalism, Biology Minor**

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Natalie has been a fellow since 2019 and has researched wildlife and ecology in many projects. She has helped monitor species richness in Park City, investigated the spatial ecology of cougars and prey, authored an invasive species guide, and more.

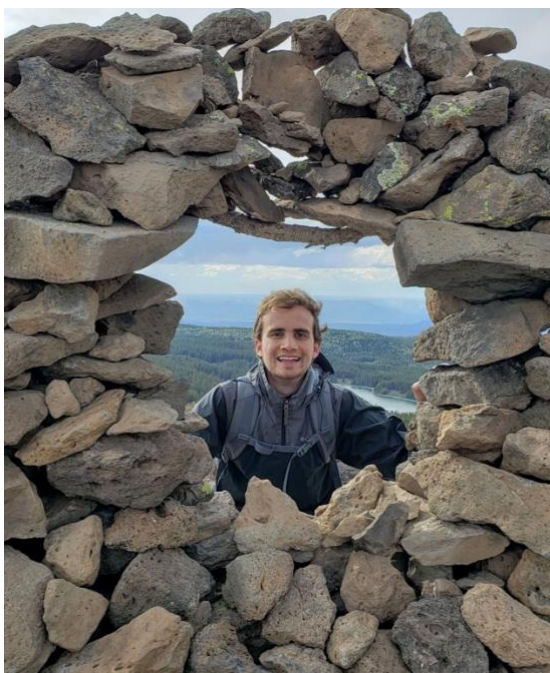
Natalie was also selected to present at NCUR, lead the USU Chapter of the Wildlife Society, won an URCO grant, and a QCNR research grant.

Outside of research, Natalie also enjoys the outdoors and has recently learned to embroider! After graduation, she has a summer internship lined up working with sage grouse in Utah.

Congratulations Natalie!

**Ben Soffilare / Mechanical Engineering / Computer Science, Entrepreneurship Minors**

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Ben joined the URF program in 2018. He has worked on several engineering projects including exoskeleton technologies, drones, coin recovery trommels, and more. Ben has held positions with the U.S. Army Combat Capabilities Development Command and U.S. Army Dugway Proving Ground.

After graduation, Ben will continue working the U.S. Army as a civilian Mechanical Engineer in Massachusetts.

Ben advises URFs to "Make sure to start looking for research opportunities early!"

Congratulations Ben!

**Emily Rice / Economics & Marketing / Horticulture, Political Science Minors**

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Emily has been a URF since 2016 and has been interested in researching agricultural economics, environmental economics, political science, political economics, government policy and law, and horticulture. She has been especially involved in research on drought tolerance in agriculture.

Emily is now pursuing a Master's degree after graduation and will be interning with Gartner, Inc.

The best part of the URF program according to Emily is "Getting the experience of working with professors, and realizing that, while I was young, I have a lot to add and a unique perspective that is valid and that I should share."

Congratulations Emily!



**Andrea Peterson / Biological Engineering / Chemistry Minor**

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Andrea joined the URFs in 2015 and has participated in research on muscle cell atrophy, solubilizing chemicals, and creating self-disinfecting surface applications for hemodialysis systems.

Andrea has also been the vice president of professional development at the USU Society of Physics Students and a representative of the Society of Women Engineers.

After graduating, Andrea has already begun a full time job!

Congratulations Andrea!

**Savannah Daines / Human Biology / Chemistry, Psychology Minors**

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Savannah joined the URFs in 2018 and has researched topics relating to the medical field and public health. Her honors thesis project was titled 'Improving Traumatic Brain Injury Treatment through Ketones' and is being submitted for publication in a medical journal.

Savannah is also very involved in the Honors program and served on the Student Advisory Board. She plans to continue to work with the program after graduation as a post-grad fellow.

After graduating, Savannah is pursuing a Master of Public Health degree and preparing for medical school applications.

She advises URFs to "Know your destination, but find joy in the journey."

Congratulations Savannah!

**Gianna Patchett / Music, Cello Performance / English, Portuguese Minors**

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Gianna joined the program in 2015 and has been an engaged researcher in music since then. She has most recently completed her honors capstone project titled "Let Thy Conscience Act Her Part": Republican Motherhood in Civil War Popular Song.

Her research project was presented at several prestigious conferences included the Utah Conference for Undergraduate Research and the National Conference for Undergraduate Research.

Gianna will be heading to BYU for Law school in the fall after graduating!

Congratulations Gianna!

**Fiona Van Leeuwen / Chemistry / Mathematics, Mechanical Engineering, Folklore Minors**

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Fiona has been a URF since 2016. Her research has covered a few projects such as analyzing pollution and alternatives to pesticides in fish food and studying Scheimpflug lenses and their contribution to improving depth of field for strain measurements.

Fiona has also been part of the USU chapter of the Society for Industrial and Applied Mathematics, a College of Science Representative, and a Research Ambassador.

Advice Fiona wants to share with URFs is "Don't be afraid to look for different opportunities if your interests change."

After graduating, Fiona plans to work and then return for a PhD in a few years.

Congratulations Fiona!



### Katherine Van Wagoner / Communication Disorders and Deaf Education

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Katherine joined the URF program in 2017 and has been researching with Dr. Brittan Barker in an Aural Rehabilitation Lab since then. Her most recent research was presented at the Student Research Symposium and was about creating realistic expectations of hearing aids in adults.

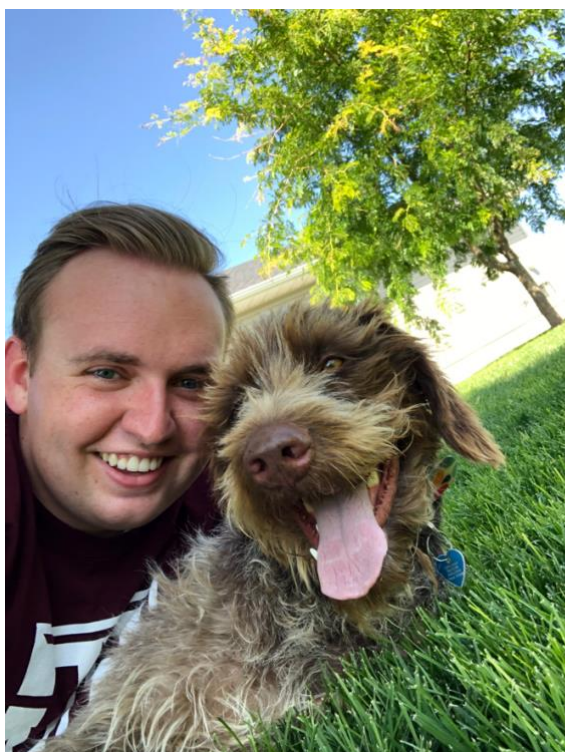
Katherine is graduating as the Valedictorian for Communicative Disorders & Deaf Education. She also won an URCO grant, was named a Researcher of the Year, and received many Scholarship awards during her time at USU.

After graduating, Katherine will be starting a graduate program in Speech-Language Pathology in June.

Congratulations Katherine!

### Connor Waldron / Animal, Dairy and Veterinary Sciences

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Connor has been a URF since 2014 and his research has focused on oocyte in vitro technologies in Dr. Clay Isom's Lab. He is interested in animal genetics, breeding, and agricultural technology.

During his time at USU, Connor was an undergraduate teaching assistant for two classes and a recipient of Mark and JoAnn Healey Scholarship, the J.R. Broadbent Scholarship, and the Kenneth and Cynthia White Aggie Family Scholarship.

Connor also presented research at several symposiums including the Utah Conference of Undergraduate Research.

Congratulations Connor!

**Rachel Sagers / Biology and Public Health / Chemistry, Sociology, Women and Gender Studies Minors**

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Rachel has been a URF since 2016 and has assisted with research in sociology, environmental toxicology, health education, biochemistry, and conservation ecology. Her personal research interests include epidemiology, environmental health, and medical sociology.

Rachel won awards during her education as well. She was a recipient of an URCO grant, a College of Science Minigrant, and scholarships from USU Biology department and USU Center for Intersectional Gender Studies and Research.

After graduating, Rachel is considering a MD/PhD program.

Congratulations Rachel!

**Miranda Rogers / Statistics / Mathematics Minors**

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Miranda joined the URF program in 2018 and worked as a research assistant to multiple projects including a network meta analysis, a snow load capacity for buildings study, and a water reuse investigation. She is particularly skilled at data analysis and knows several computer languages.

Miranda enjoys statistics and research that is focused on those topics. Her past projects have allowed her to build those skills even more than a standard degree in Statistics.

Outside of school, Miranda also enjoys hiking and highly recommends getting outside as a pandemic past time.

Congratulations Miranda!



**Devan Kunzler / Biological Engineering / Russian, Spanish Minors**

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Devan has been a URF since 2014 and researched harmful algal blooms as a threat to water body ecosystems and nearby communities. His goal was to design a continuous monitoring system to track algal spreading.

Devan has also won an URCO grant for his research and was selected as the winner for the Undergraduate Engineering category at the Student Research Symposium in 2020.

Devan now plans to attend medical school after graduation.

Congratulations Devan!

**Emma Jones / Conservation and Restoration Ecology / Landscape Architecture Minor**

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Emma has been a URF since 2016 and researched several topics in ecology, agriculture, and climate change. Her thesis project was about environmental racism in Salt Lake City and demographic shifts in polluted neighborhoods.

During her time at USU, Emma also published a paper about nutrient management strategies in agriculture.

Emma has been accepted into a City and Metropolitan Planning master's program at University of Utah and will be attending in the fall. She also has an internship lined up for the summer.

Congratulations Emma!

## Hannah Johnson / Conservation and Restoration Ecology & English

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Hannah has been researching since 2017, when she joined the URF program. Her research interests have included surveying and monitoring endangered species, experimenting on competition between grasses, and collecting plants and soils in the desert southwest.

Hannah was also President of the QCNR Student Council and the USU Range Club.

She advises URFs to “Be bold and seek out mentors! They won’t find you, you have to look into faculty and see if their research lines up with your interests. Be brave and let your nerdiness show!”

Congratulations Hannah!

## Annika Burkhardt / Residential Landscape Design and Construction

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Annika joined the URF program in 2014 and her research has focused on science learning in multilingual groups at the middle school level. She is also interested in vegetative propagation of landscape plants for introduction into the industry.

Earlier in her degree, Annika helped with a project to study the most effective rooting hormone for Junipers, which are difficult to propagate.

Annika also interned at Berkshire Botanical Garden in Massachusetts.

Congratulations Annika!



**Haylee Downey / Psychology / Statistics, Economics Minors**

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Haylee joined the URF program in 2018. Her research experience included working in behavioral research with animal and human subjects. She designed her own project on delay discounting tasks and was awarded an URCO grant to perform the research.

Haylee also published in multiple academic journals and won awards including Undergraduate Researcher of the Year.

After graduating, Haylee has applied to several graduate programs for the fall.

She advises URFs, "Take care of yourself, school is a marathon not a sprint. Make the most of college - research is important but so is doing other things that make you happy and developing relationships with friends. Find a research topic you're passionate about and good things will follow."

Congratulations Haylee!

## Publications by URFs

It is a great accomplishment to be a published researcher, especially as an undergraduate! This year we had five outstanding URFs become published authors. Congratulations on your publications this year, your hard work and dedication continue to impress us!

**Madilyn Braunersrither** was published this year in the Voices of USU student anthology. Her insightful article about education and the widespread distaste for mathematics that is formed at an early age is located on page 64 of the publication. Read it here: [https://english.usu.edu/voicesofusu/files/voices\\_anthologies/Voices%20of%20USU%20vol%2013.pdf](https://english.usu.edu/voicesofusu/files/voices_anthologies/Voices%20of%20USU%20vol%2013.pdf)

**Audrey Lidgard** published a paper in the Journal of Experimental Zoology A. Working with Spencer Hudson and Susannah French, Audrey performed research that demonstrated allostatic outcomes from acute stress in a free-living reptile and the role of temperature in mediating energetic state and immunity. You can read more here: <https://onlinelibrary.wiley.com/doi/abs/10.1002/jez.2415>

**Emily Van Wagoner** helped gather research and provide feedback for USU Extension site Utah 4-H. Her work can mainly be found in the leadership section of the site and a lesson plan about Constructive Feedback written by Emily will soon be published to the site, so check back soon to read her work! See the publication here: <https://extension.usu.edu/utah4h/more/tsi>

**Melissa Rasmussen** contributed to a publication in ACM for Computer Science Education along with co-authors Victor Lee, Frederick Poole, Jody Clarke-Midura, and Mimi Recker. Their report describes an interesting approach for helping elementary schools integrate computational thinking and coding through tabletop board games. You can read it here: <https://dl.acm.org/doi/10.1145/3328778.3366917>

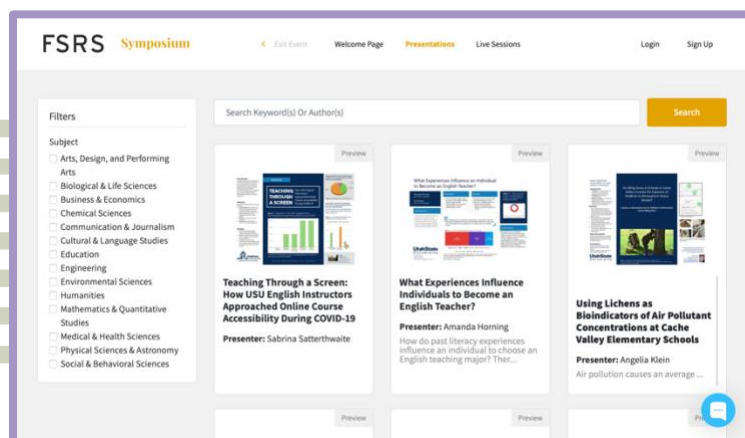
**Emma Jones** published a fact sheet in a USU Extension with co-authors Daniela Barrerra, Jennifer Reeve, and Dan Drost. The article explores nutrient management techniques at USU's Student Organic Farm for the purpose of informing organic growers about environmental considerations in soil fertility. You can read the publication here: [https://digitalcommons.usu.edu/extension\\_curall/2127/](https://digitalcommons.usu.edu/extension_curall/2127/)



## Presentations

We have many fantastic presentation opportunities here at USU which our URFs take advantage of. This year 26 of you presented research at a university event with our Student Research Symposiums being the most popular. Many of you also travelled (often virtually, thanks COVID!) to conferences across the state and even the country!

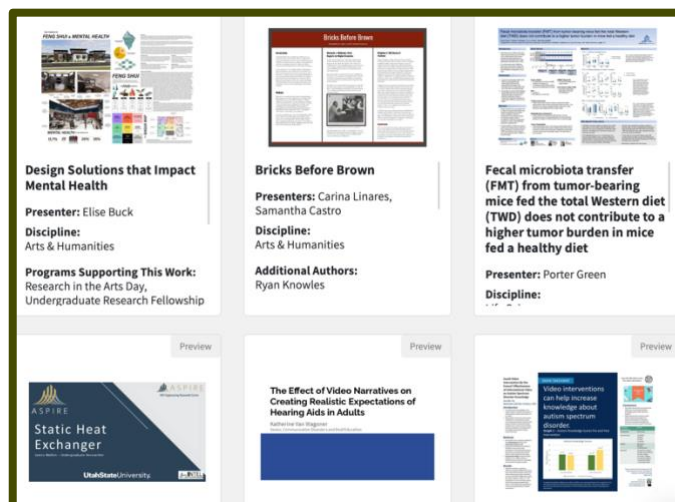
### Fall Student Research Symposium



The 2020 Fall Student Research Symposium was held online with great success! We had nine URFs participate in both oral and poster presentations. Fellows Alek Nelson, Emily Rice, Ella Olson, Jonathan Mousley, Anneka Walton, Tanner Stevenson, Owen Graham, Emily Van Wagoner, and Anne Schill presented their research this year.

### Student Research Symposium

In the spring, we held the Student Research Symposium remotely as well. Twelve of our fellows participated and shared their research this year. Great job James Mullen, Natalie D'Souza, Marisa Davis, Alyssa Burton, Katherine Van Wagoner, Abiela Meek, Elise Buck, Carina Linares, Jennifer Ha, Eliza Owens, Gianna Patchett, and Taylor Edwards!



### Other University Events

There are many other USU supported events throughout the year where fellows presented. These eight URF's participated in various class presentations, the Hansen Life Sciences Retreat, Research on Capitol Hill, and more! Katelyn Bauer, Madi Braunersrither, Carlos Gutierrez, Anneka Walton, Maria Catalano, Brock Redman, Ben Sottolare, and Mikenna DeBruin.

### Professional and National Conferences

Several of you also presented abroad: Maggie Lea (IMECE), Shari Linares (United We Dream), Fiona Van Leeuwen (IMECE), Sierra Flores (IBEC), Andrea Peterson (IBEC), Harley Cragun (IMECE), Devan Kunzler (IBEC), Anneka Walton (NCUR), Sierra Flores (IBEC), Melissa Rasmussen (American Astrophysical Society), Brock Redman (NCUR), Jonathan Mousley (Graph Labeling Conference at Florida Atlantic University).

## See Fellows Presentations

While the format of presentations was a little different than usual this year, there is a silver lining! Moving everything online means that we can continue to see your work and share it after the events are over. See where you can access fellow's presentations below.

### Fall Student Research Symposium

<https://symposium.foragerone.com/usufsr20>

Alek Nelson / [Media and the COVID-19 infodemic](#)

Emily Rice / [Drought Tolerant Plants for the Western United States in Response to Climate Change](#)

Ella Olson / [Dogs in Ancient Egypt](#)

Jonathan Mousley / [\(2,3\)-Cordial Digraphs](#)

Anneka Walton / [Belief, Virtue, and Illness in Late-Nineteenth Century Domestic Manuals](#)

Tanner Stevenson / [Dogs in the home improve the quality of life of the people living inside.](#)

Owen Graham / [The Ideal Dog](#)

Emily Van Wagoner / [Characters and Dogs: Relationships Between Dogs and Humans in Fictional Literature](#)

Anne Schill / [There All Along: Emily Dickinson's Nimble Belief in the Face of Religious and Societal Convention](#)

### Spring Student Research Symposium

<https://symposium.foragerone.com/2021-usu-student-research-symposium>

James Mullen / [Static Heat Exchanger](#)

Natalie D'Souza / [Monitoring the Spatial Ecology of Puma Concolor Along a Wildland-Urban Gradient](#)

Marisa Davis / [Reducing Anger Race Bias through Emotion Recognition Training: A Proposal](#)

Alyssa Burton / [Form in Therapeutic Songwriting Interventions](#)

Katherine Van Wagoner / [The Effect of Video Narratives on Creating Realistic Expectations of Hearing Aids in Adults](#)

Abiela Meek / [Low Cost, Accurate System for the Monitoring of Rotating Algal Biofilm Reactors with Raspberry Pi](#)

Elise Buck / [Design Solutions that Impact Mental Health](#)

Carina Linares / [Bricks Before Brown](#)

Jennifer Ha / [Could Video Intervention Be the Future? Effectiveness of Informational Video on Autism Spectrum Disorder Knowledge](#)

Eliza Owens / [Cytokine Indicators of Inflammation in Mice Fed a Western Type Diet](#)

Gianna Patchett / [Republican Motherhood in Civil War Popular Song](#)

Taylor Edwards / [Role of novel receptor GPR171 in chemotherapy-induced neuropathic pain](#)



## Accomplishments; Funding, Awards, and Beyond

The Fellows have been great achievers once again this year. Many of you applied for grants, won awards, participated in programs, and more! If you are interested in these opportunities don't hesitate to reach out for more information, we love to help our fellows participate in all opportunities.

### Undergraduate Research and Creative Opportunities Grant

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Eliza Owens / Spring 2021 / *Cytokine Indicators of Inflammation in Mice fed a Western Type Diet*

Katherine Van Wagoner / Spring 2021 / *The effect of video narratives on creating realistic expectations of hearing aids in adults.*

Aubreyona Migliori / Summer 2021 / *Determination of Free Fatty Acid and Triglyceride Fatty Acid of Food Fats using a Rapid Gas Chromatographic Method*

Olivia Gornichec / Summer 2021 / *Determining the Function of the CRISPR Type IV-B System*

Katherine Van Wagoner (URCO winner)

### Undergraduate Researcher Transcript Designation

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Students who are actively engaged in research can qualify for a special transcript designation to show their accomplishments. Two semesters of research and a presentation experience are required to earn the designation, and URFs are automatically considered upon submitting semester reports. This year 16 new URFs were given the Undergraduate Researcher transcript designation!

### Funding & Awards

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Olivia Gornichec // College of Science Minigrant

Shari Linares // CEHS Undergraduate Research Grant

Alyssa Burton // Dare to Know Book Award and Elaine Alder Scholarship

Olivia Brock // Caine Summer Arts Research Grant

### Fellowships & Programs

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Wesley Mills // Peak Fellowship

Brooklyn Beck // Engineering Undergraduate Research Program



Shari Linares (CEHS Grant winner)

## Adventures!

Let's check in with our Fellows and the fun they've been having this year! One of the best parts of the URF program is the community we build and the friends we make. All of you are much more than just students or researchers and we love to celebrate all aspects of your lives.

### Travels

Alyssa Burton will be in Thailand this summer

Catherine Kartchner is volunteering in Costa Rica

Laura Lundahl will be in Moab as a river guide this summer

Mille Nelson is traveling to Maine and teaching rock climbing

Katherine Van Wagoner will be going on a bucket-list trip to Mount Rushmore



Jennica Hess enjoying the spring weather!



Alyssa Burton survived skydiving

Emily Van Wagoner  
Volunteering  
as a Robotics  
Game Judge  
at FLL  
Practice  
Tournament



### Jobs & Internships

Owen Graham / Space Dynamics Laboratory

Tyler Jackson / Geotechnical Engineering Firm Internship

Mikenna DeBruin / Timpanogos Cave Internship

Natalie D'Souza / Wildlife Technician in Randolph, UT

Olivia Brock / Smithsonian Katzenberger Art History Internship with the National Air and Space Museum

Melissa Rasmussen / Computational Astrophysics Internship

Caitlyn Rogers / USU Extension Health and Well-being Internship

## Marriages

Madison Fjeldsted is getting married this summer

Lauren Pack got married this spring

Alex Madsen is getting married this summer

Isaiah Olsen is getting married this summer

Landon Taylor got married in January

Eliza Owens got engaged last fall

Aubreyona Migliori got married last November

Abiela Meek got engaged last fall

Jaclyn Caldwell got married last summer

James Mullen Is getting married this summer



James Mullen doing some spring fishing!



Lauren Pack and her new husband

Maria Catalano says why go to classes when you can ski?



Laura Lundahl enjoying Logan Canyon

## More Fun!

Devin Nielson had a new nephew born this spring

Emily Brotherson is growing an herb garden this summer

Isaac Airmet built his own new computer this year

Emmalee Rolfe is learning about and collecting plants



## Advice & Recommendations

We do the best we can to offer help and guidance for our Fellows, but often the best advice is found among your peers. So, we asked the experts (you!) and compiled the wisdom here! Read below for tips about school, research, life, and making the most of your time at college.

### Fellow's Wisdom

"Don't fear telling your advisors and mentors that you're struggling. They are there to help and they're not trying to burn you out. Talk to them about anything you might be going through and they can help find resources to help." – *Melissa Hamson*

"Research is really, really slow and frustrating, and that is okay." – *Harley Cragun*

"If it doesn't grow you, drop it. If it scares you, do it. Surround yourself with people who push you and tell you the truth about yourself." – *Emily Rice*

"Don't compare yourself to other URFs and their projects. Be inspired by what other folks are doing, but everyone has their own path and you'll figure out what yours is soon enough!" – *Emma Jones*

### Pandemic Got You Down? Try These!

"Getting outside! I spend all of the time I'm not at my computer outside, even if its just a simple walk." – *Maria Catalano*

"Bird watching! I have fallen in love with just being in the presence of birds." – *Audrey Lidgard*

"When I get enough exercise, I am more able to cope with the various stresses." – *Heather Feeny*

"Puzzles and painting!" – *Lauren Pack*

"I figured out that I really just have to get outside! staying in my apartment all day was definitely messing with me, so I would go on at least 1 walk per day (usually more) and listen to a podcast or something." – *Alex Madsen*

### Whatcha bingeing these days?

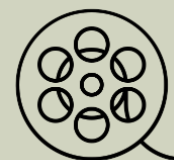
#### Best of Books

See what fellows loved reading this year! Full list is compiled on Goodreads, just click on the book below



#### Marvelous Movies & TV

Looking for something new to watch? See our fellow's favorite shows by clicking the reel below



#### Moving Music

We compiled a playlist of the music that got you through 2020, click the notes to listen!



\* Disclaimer: these lists are not filtered and may contain explicit content

## URF Ambassadors 2020-2021



**Alek Nelson**  
Journalism



**Isaiah Olsen**  
Mechanical Engineering



**Emily Rice**  
Economics



**Fiona Van Leeuwen**  
Chemistry



**Maria Catalano**  
Ecology



**Anneka Walton**  
Nutrition & Dietetics



**Rachel Sagers**  
Biology, Public Health



**Haylee Downey**  
Psychology

## Undergraduate Research Team

The Office of Research team is here to help you! We are very proud of our URF program and are always looking to help Fellows succeed in any capacity. Please reach out to us or the Ambassadors with any questions, feedback, or just to say hi!

### Alexa Sand

URF Program Director

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