



A SURVEY OF OUR FELLOWS' ACHIEVEMENTS

There were 100 active URFs on campus for the 2019-2020 school year. We have URFs from every college at USU!

There were 22 major or minor changes this year, with many of you taking on more than one major at once.

- The most popular major is biological engineering
- Chemistry is the most common minor

We will have 100 active URFs on campus for the 2020-2021 school year, covering 124 majors and 68 minors.

This year, Fellows put in an average of 5.4 hours per week towards their research projects! Last semester, 47 of you worked with a professor, while 46 of you worked on your own projects.

Research was done on a variety of topics and many Fellows presented at conferences all over the United States. These presentations ranged from university led (such as the Student Research Symposium or Hansen Life Science Retreat) to nationally organized (such as Posters on the Hill).

FINALLY, congratulations to the 18 of you that graduated this year! To see these Fellows' accomplishments and future plans, please see page 2.

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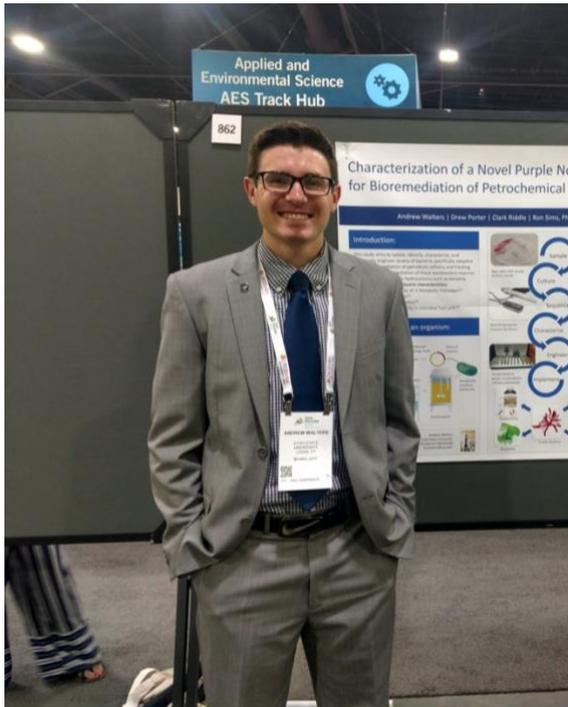
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MAY 2020 GRADUATES

Congratulations to the Fellows who graduated this May! Though we could not meet in person to celebrate those students, we still wanted to send best wishes to our graduates.

Andrew J. Walters // Biological Engineering Major // Spanish, Computer Science, Entrepreneurship, and Chemistry Minors



Andrew joined the URF program in 2013 and has been extremely engaged in the program and in research ever since. He has given over 15 presentations and is a listed author on the paper *Qualitative Analysis of Microbial Dynamics During Anaerobic Digestion of Microalgal Biomass in a UASB Reactor*.

In his free time, Andrew prioritizes his family. He is a new father and enjoys spending time with his son and building good family relationships.

Andrew will be finishing up his USU research this summer and will then be moving to Texas to start his PhD in Bioengineering at Rice University in the fall.

Need some advice? Andrew succinctly suggests, “Get in the lab ASAP!”

Congratulations Andrew!

Bailey McFarland // Biological Engineering



Bailey joined the URF program in 2017 as a sophomore. He went on to earn both URCO and EURP grants, and publish work titled *Silkworms with Spider Silklike Fibers Using Synthetic Silkworm Chow Containing Calcium Lignosulfonate, Carbon Nanotubes, and Graphene*.

Bailey has enjoyed meditating daily, through the use of the Oak app. He also spends time with his new cat Nero.

Bailey will be pursuing his PhD here at USU and is currently looking into research fellowship opportunities.

As for what advice he would like to leave you with, he suggests that you “Meditate and make lists. If you do those two things every day you will be successful.”

Congratulations Bailey!

Ben Moulton // Mechanical Engineering with Aerospace Emphasis Major // Computer Science Minor



Ben was accepted to the URF program in 2013 and he immediately became involved in research.

His research interests include propulsion, flight systems, and aerodynamics, leading him to get involved in research in the Aerolab here at USU.

In his free time, Ben enjoys spending time with his wife, reading, biking and camping!

Ben graduated in December and is currently working towards his master's degree in aerospace engineering here at USU. He recommends "Take a chance on research in an area you. Might not seem interested in. It will pay off!"

Congratulations Ben!

Bryce Frederickson // Mathematics Major // Computer Science Minor



Bryce joined the URF program in 2014 and soon became heavily involved in research.

Bryce is cited as an author on three publications submitted to mathematics journals, two of which have already been accepted. He was also awarded the Barry Goldwater Scholarship in 2019, a prestigious and highly competitive national award recognizing high-potential STEM students that will be the next generation of superb career researchers.

Bryce will be pursuing a PhD in Mathematics at Emory University as an NSF Graduate Research Fellow.

His advice is: "Talk to professors. If they see that you're excited to learn, they'll usually be excited to help you, if not just to connect you with other resources. YOU have to start the conversation, then your learning will become your own."

Congratulations Bryce!

David Harrell // Biology: Human Biology Major // Chemistry Minor



David joined the URF program in 2016. He has been involved with research as an Organic Chemistry Research Lab Assistant and Eccentric Exercise Lab Assistant.

David is primarily interested in research that deals with human health and biology, as he is planning on going into health services. In his free time, he enjoys exercising and staying physically fit.

David will be working as a pharmacy technician for the summer and then will be pursuing his career in health services at the Texas Tech School of Pharmacy in the Fall.

He recommends that you “Talk to professors early on. It is pretty easy to find someone looking for help.”

Congratulations David!

Erin Butikofer // Wildlife Ecology Management Major // Music, Spanish, and Entrepreneurship Minor



Erin joined the URF program in 2014 as both a Presidential Scholar and a Quinney College of Natural Resources Scholar.

In her free time, Erin enjoys swimming, knitting and cooking.

Erin’s primary research project has focused on cat-owner attachment. She used both GPS monitoring and a human-dimensions survey to learn more about how cats and humans interact in Chile.

Erin suggests that you “Be all you can be! Do your best, don’t slack, work hard and be happy! Your happiness is included in who you are.”

Congratulations Erin!

Ethan Hammer // Conservation and Restoration Ecology & Wildlife Management & Ecology // Statistics Minor



Ethan accepted the URF fellowship as a sophomore in 2017. An avid-outdoorsman, Ethan loves photography, hiking, and canyoneering.

Ethan is an exemplary researcher and won a prestigious Barry Goldwater Scholarship in 2019. He has worked as a natural Resource Management Intern with USU at the Cedar Breaks National Monument and also studied Northern Mexican Gartersnakes as a U.S. Fish and Wildlife Service Directorate Fellow.

Ethan will be working for the Forest service this summer. He will also be planning for his Master's degree and is preparing his application for the NSF Graduate Research Fellowship Program

Ethan suggests that "If an opportunity arises to further your research and your experiences, even though it may be far-fetched, go for it!"

Congratulations Ethan!

Jake Gottschalk // Forest Ecology Management and Statistics Majors



Jake joined the URF program in 2016 and has worked in numerous projects spanning his interests in wildlife and nature.

Jake has recently presented in at Utah's Research on Capitol Hill and was slated to present at the cancelled National Conference on Undergraduate Research as well.

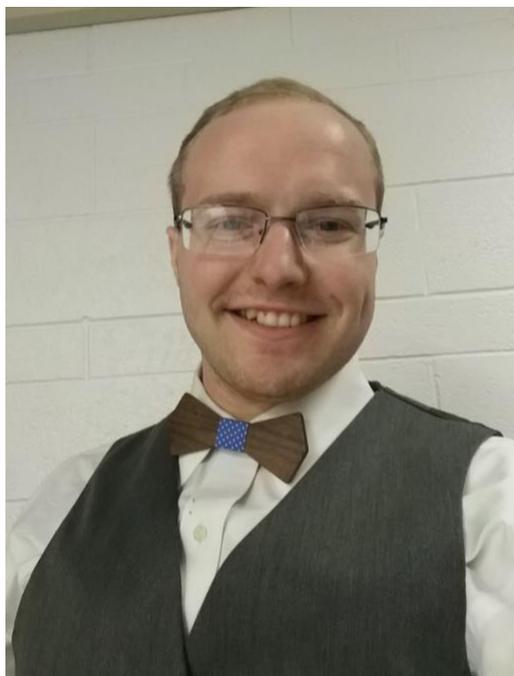
To keep sane, Jake enjoys the outdoors and often goes running. He also has loved spending time reading and keeping his kitchen clean.

Jake will be working with the Forest Service this summer and is looking forward to graduate school and a career with the Fish and Wildlife Service.

He recommends that you "Email and talk to professors; it may seem intimidating, but usually people are excited for you to start research with them."

Congratulations Jake!

James VanderMeyden // Biological Engineering Major



James joined the URF Program in 2016 and has worked in Bioengineering labs here on campus ever since.

James has worked on a variety of projects, from studying the use of algae in filtering wastewater to optimizing hemodialysis machines to save lives.

Outside of school and research, James enjoys rock climbing, kayaking, and reading good books.

James has an interest in medical research and is planning on attending medical school.

When asked what his favorite part of the URF program was, James said “I think it is the friendships.”

Congratulations James!

Kallen Brunson // International Studies Major // Chinese Minor



Kallen joined the URF program in 2016 as an honors student and has since been awarded various scholarships and awards.

Other than research, Kallen enjoys travelling, reading, and art. She has had some influential international learning experiences and has travelled to Spain, Taiwan, and Japan to both learn and present her research.

Kallen’s research has centered around learning and cognition with Chinese-English bilinguals. She has worked with Dr. ko-yin on three projects in this field.

Kallen recommends that you “Be bold, be active, and above all, don’t be afraid to try. It might seem scary to talk to professors at first, but you only regret the things you haven’t done.”

Congratulations Kallen!

Kenen Goodwin // Fisheries & Aquatic Science and Wildlife Ecology & Management Majors // Statistics and Geographic Information Science Minors



Kenen has been a URF since 2016 and has since become an impressive and accomplished researcher. He has been recognized for his success and is the USU Quinney College of Natural Resources Valedictorian.

Kenen has also been highly engaged as a leader both inside and outside of the URF program. He has been involved as a URF Ambassador, a member of the QCNR Undergraduate Student Council, and the President of the Wildlife Society.

In his free time, Kenen likes to wander outside and loves the outdoors. He also really enjoys relaxing by watching Pokémon. Kenen will be gaining experience in his field while exploring future graduate programs.

He offers this advice: “Although potential mentors may not study your particular research topic, they may be interested in the concepts your project is trying to explore if not your research subject itself.”

Congratulations Kenen!

Matthew Hansen // Electrical Engineering Major



Matthew Hansen was accepted into the URF program in 2014 and has been actively engaged in research throughout his undergraduate career.

He has primarily worked on research with the Utah State University Power Electronics Laboratory, developing technology for dynamic wireless power transfer.

A new father, Matthew likes to spend time with his family and get outdoors when he can.

This Fall, Matthew will be at USU pursuing his PhD in Electrical Engineering as a Presidential Doctoral Research Fellow. We are excited to continue working with him!

Matthew suggests “Apply to EURP (or URCO if not an engineer, I guess)! You get to do more fun research.”

Congratulations Matthew!

Nicole Haws // Nursing Major // Psychology Minor



Nicole has been a part of the URF program since 2014. She is currently involved in interdisciplinary research and has worked on projects ranging from family research, research writing, biochemistry, and Alzheimer's research.

Nicole will be working as a nurse with the Cardiovascular Thoracic Unit at McKay Dee Hospital and is looking forward to an eventual nurse practitioner degree.

Her advice is as follows: "Arrange to meet with a professor researching something you are interested in. They love discussing their research and will be very happy to see that you have taken initiative. This has always led to me to a neat research opportunity."

Congratulations Nicole!

Paul Consalvo // Civil Engineering Major // Computer Science Minor



Paul became a URF in 2016 and has been an asset to the fellowship ever since.

Paul has been involved in multiple research projects on and off campus, including the Utah Department of Transportation, the Utah Water Research Lab, and the Utah Department of Transportation.

He has also been recognized for his exceptional contributions to research, as he has chosen as the 2018 Spring Runoff Conference Best Poster Awardee. He was selected to give an Ignite USU presentation, a competitive and impressive feat.

Paul is planning on moving to Tallahassee, Florida in June to start a new job in his field.

Paul recommends "Figure out what electives pertain to your passion-projects for research. See if you can apply these to your degree."

Congratulations Paul!

Taya Godfrey // Sociology Major



Taya joined the URF program as a sophomore in 2018 and has been engaged in research ever since. She has worked with both Drs. Mehmet Soyer and Marisel Martinez Cola, becoming one of the first [Peak Summer Research Fellows](#) in 2019.

Taya's research focuses on women's issues and diversity, and she has presented her research all over Utah. In her free time, Taya loves to hike and get outdoors, saying that "it is a great way to maintain mental and physical health."

Taya is due to have an adorable baby sometime in June and is planning on moving to Georgia while waiting to hear back on potential graduate programs.

Taya offers the following advice: "Research shouldn't be a burden, but an opportunity! Finding a good mentor is what will allow you to do this. Find one who understands that you have a personal life, and interests of your own, but still challenges you to push yourself."

Congratulations Taya!

Tessa Burrows // Biological Engineering // Math and Chemistry Minors



Tessa joined the URF program as an incoming Honors freshman with interests in Mechanical Engineering, Biomedical Engineering, and Biology. She has been working with Dr. Elizabeth Vargis for the majority of her undergraduate career and has been deeply involved in academia and research.

Outside of the lab, Tessa loves to climb, and has worked as a climbing counselor during summers. She loves being in nature!

Tessa plans on starting her PhD in biomedical engineering at the University of Minnesota this Fall.

She recommends that URFs look for mentors for the right reasons. "While projects are cool and can be a huge draw, you should pick a mentor based on how they interact with undergraduate researchers. Find a mentor who will support *you* and your research interests."

Congratulations Tessa!

Tucker Gamble // Human Movement Science Major: Pre-Physical Therapy



Tucker joined the URF program in 2014 and has become an integral member of our community.

Tucker has been heavily involved in research and was awarded an URCO grant in the Spring 2019 cycle. His project “Choice of End State Comfort Based on Time Spent at Beginning State and Precision Requirement of the End State” focused on how and why humans grasp an object in a certain way.

In his free time, Tucker loves to spend time with his family and make his daughter Eleanor smile.

Tucker graduated with honors in Fall of 2019, and has since worked as a physical therapy aide and is now a stay-at-home dad for his daughter. He will attend Rocky Mountain University this fall to pursue his doctorate in Physical Therapy.

Tucker’s advice is “Try things out before you say no!”

Congratulations Tucker!

Weston Craig // Mechanical Engineering Major



Weston joined the URF program in 2013

Weston has been highly engaged as both an undergraduate research assistant and an undergraduate teaching fellow during his time at USU. He also served as the secretary for the student chapter of the American Nuclear Society at USU.

He says that, “my favorite part of the URF program is the invested interest they have in helping students get involved in research. I doubt I would have been as involved in research as I am, had I not been involved with the URF program.”

Congratulations Weston!

Publications

In the research and academic world, publishing your work is an important and impressive milestone. This year, six URFs became published!

Bryce Frederickson, along with his colleagues Brown, Culver, Tate, and Thomas, published his work *Entropy of tournament digraphs* in *Linear Algebra and Its Applications*. This research examined the Rényi α -entropy H_α . His research provides an in-depth analysis of mathematical processes and proofs. You can find his work here: <https://doi.org/10.1016/j.laa.2019.09.026>



David Harrell, with his colleagues Crane, Thompson, Bressel, and Heath, published his research titled *Comparison of High Versus Low Eccentric-Based Resistance Training Frequencies on Short-Term Muscle Function Adaptations* in the *Journal of Strength and Conditioning Research*. This study examined how various resistance training schedules affect strength and lower-body function adaptations over a 4-week period. You can find his work here: doi: 10.1519/JSC.0000000000003482

Emily Rice was a contributing author on three factsheets published through USU's Digital Commons. The works *Farm Shops: A Direct-to-Consumer Extended Season Opportunity*, *Characteristics of Organic Wheat Growers*, and *Adopting Organic Wheat: Grower Motivations and*

Concerns explored organic and locally grown food through an applied economic lens. You can find these factsheets here: https://digitalcommons.usu.edu/do/search?q=author_inname%3A%22Rice%22%20author_fname%3A%22Emily%22&start=0&context=656526&facet=

Haylee Downey worked with members of the Odum lab on *Delay discounting of different outcomes: Review and theory*. This work, focused on examining delay discounting, and how state-like quality influences delay discounting, was published in the *Journal of Experimental Analysis of Behavior*. You can find her work here: <https://doi.org/10.1002/jeab.589>

Anne Schill was published in *A Celebration of Chace Valley Voices: The Young West Literary Magazine*. Her poem *Hershey's Kiss* examines childlike excitement and reverence through a simple experience. You can read her work here: <https://www.shananballam.org/a-celebration-of-cache-valley-voice>

Melissa Rasmussen, who is actively involved in the Association for Computing Machinery for Women, published her work through the Association for Computer Machinery. Titled *Introducing Coding through Tabletop Board Games and Their Digital Instantiations across Elementary Classrooms and School Libraries*, this work used board games to improve computational thinking in elementary students. You can find her work here: <https://doi.org/10.1145/3328778.3366917>

Congratulations to these fellows, as publishing your work as an undergraduate is no small feat!

Publication Opportunity

Some disciplines encourage undergraduate publishing, while others offer fewer opportunities to do so. However, there are a number of journals that focus on undergraduate work across disciplines, so this is an achievable goal for all!

Curiosity: USU's Undergraduate Research Journal is an interdisciplinary publishing opportunity for undergraduate researchers. This journal will review your work, provide suggested edits, offer you a chance to learn more about the publication process, and become published as an undergraduate. You can learn more here:

CURIOSITY

<https://research.usu.edu/undergradresearch/curiosity/>

Presentations at USU and Beyond

We have a lot of exciting presentation opportunities each year at USU. As URFs, you have the advantage of finding out about these deadlines and getting involved early enough in your undergraduate careers to take advantage of as many events as you want to. Many of you have done just that!



Fall Student Research Symposium

FSRS is a great opportunity for fellows that are graduating in December- it is one of the only fall presenting opportunities, and includes both oral and poster presentations across disciplines. This year, fellows Savannah Daines, Taylor Edwards, Olivia Brock, Alek Nelson, Melissa Tinsley, Matthew Hansen, Connor Waldron, Ben Moulton, Jake Gottschalk, Erin Butikofer, Paul Consalvo, and Alek Nelson presented their research to our FSRS audience and judges.

Research on Capitol Hill

With only 25 posters selected, ROCH is a competitive opportunity for students to share their research at the Utah Capitol building. This year's team included Jennifer Ha, Matthew Hansen, Rachel Sagers, Erin Butikofer, Paul Consalvo, Jake Gottschalk, Alek Nelson, and Hyrum Hansen



Other USU Symposia and Presentations

The following fellows presented their research at other presentation opportunities within USU: Lauren Pack, Cambry Adams, Matthew Hansen, Erin Butikofer, Katelyn Isaacson Bauer, Marisa Davis, Taylor Edwards, Benjamin Sottolare, and Alek Nelson.

Professional Conferences

The following fellows presented at professional, regional, and international conferences and symposia:

Ethan Hammer (National Wildlife Society Conference), Matt Armbrust (Intermountain Biological Engineering Conference), Tessa Burrows (Intermountain Biological Engineering Conference), Audrey Lidgard (Society for Integrative and Comparative Biology), Rachel Sagers (oSTEM Conference), Harley Cragun (oSTEM Conference), James VanderMeyden (Intermountain Biological Engineering Conference), Kenen Goodwin (2019 American Fisheries Society and The Wildlife Society Joint Annual Conference), Fiona Van Leeuwen (ASME IMECE), Ben Moulton (Machining Week at Davis Tech), Kallen Brunson (The Asian Undergraduate Research Symposium), Erin Butikofer (The Wildlife Society National Conference), Olivia Brock (College Art Association Annual Conference), Megan Boyce (Mid-America Undergraduate Psychology Research Conference), Kenen Goodwin (Utah Chapter of the American Fisheries Society Annual Meeting), Melissa Rasmussen (CUWiP)



Fellows pictured to the left: Katelyn Isaacson Bauer, Savannah Daines, Cambry Adams, Hyrum Hansen, and Paul Consalvo.

Student Research Symposium (SRS)

Each year during Research Week the Office of Research hosts USU's largest showcase of student research, the Student Research Symposium. Typically held in person at the Library, the Symposium provides space and resources for over 300 graduate and undergraduate presenters to share their research with peers, faculty judges, and the campus community. This year due to COVID-19 concerns, the Symposium was held virtually through Linked-In. This year, 9 fellows presented their research online! You can view their presentations by clicking the links below.

Fellows' Presentations:

Megan Boyce // [Gender Bias in Teaching Evaluations of College](#)

Harley Cragun // [An Evaluation of Web-Based Acceptance and Commitment Therapy for Dementia Caregivers](#)

Jennifer Ha // [Impact of Student Race/Ethnicity and Sex on ASD Identification in Schools](#) // [Connecting Attention & Reading Skills in Children with Autism Spectrum](#)

Hannah Johnson // [Competition between bluebunch wheatgrass and cheatgrass when seeding rates and dates are varied](#)

Devan Kunzler* // [Developing an Effective Drug Delivery Vehicle: Quercetin-loading into ORMOSIL Nanoparticles](#)

*Winner of the SRS 2020 Award for Outstanding Undergraduate Presentation in the Discipline of Engineering

Emma Norton // [The State of American Historical Education: The Forgotten Subject](#)

Melissa Rasmussen // [Computational Thinking Exhibited by Sixth Graders in Coding Board Games](#) // [Investigating the Blandford-Znajek Process for Black Hole Jets](#)

Miranda Rogers // [Fitting Snow Loads to Probability Distributions for Safer Buildings](#)

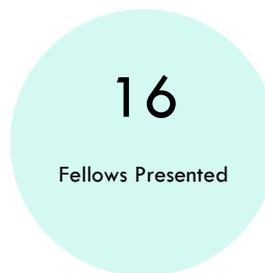
Emily Brotherson- contributing author // A Comparison of Implicit and Explicit Measures of Math Anxiety

Utah Conference of Undergraduate Research (UCUR)

The Utah Conference of Undergraduate Research, or UCUR, is a day-long conference where undergraduate student researchers from all over the state come to present their research. UCUR is hosted by a different Utah institute each year. This year, UCUR was held here at USU and over 700 people attended. The URFs were highly engaged in UCUR, and contributed quality research to this event. Read below to see who was involved!



Fellows Ethan Hammer and Alek Nelson at UCUR 2020



- Audrey Lidgard
- Matthew Hansen
- Haylee Downey
- Savannah Daines
- Tessa Burrows
- Matthew Hansen
- Harley Cragun
- Rachel Sagers
- Taylor Edwards
- Fiona Van Leeuwen
- Paul Consalvo
- Connor Waldron
- Ben Moulton
- Jake Gottschalk
- Erin Butikofer
- Alek Nelson



- Matt Armbrust
- Brooklyn Beck
- Olivia Brock
- Harley Cragun
- Mikenna DeBruin
- Haylee Downey
- Marin Easton
- Oliva Gornichec
- Ethan Hammer
- Wesley Mills
- Emma Norton
- Eliza Owens
- Melissa Rasmussen
- Miranda Rogers
- Fiona Van Leeuwen
- Annika Walton
- Sarah Johns

Funding, Research, and Other Accomplishments

Once again, our Fellows have been highly recognized for their accomplishments. If you are interested in any of the following accomplishments, get in contact with our office. We can point you in the right direction, provide feedback on application materials, and offer you emotional support.

Undergraduate Research and Creative Opportunities Grant

Tessa Burrows // Fall 2019 // Quantifying Permeability of pRPE Cells on Spider Silk Membrane as a Model of Bruch’s Membrane

Natalie D’Souza // Fall 2019 // Monitoring the spatial ecology of Puma Concolor along a wildland-urban gradient in Cache Valley, Utah

Jennifer Ha // Spring 2020 // Impact of Student Race/Ethnicity and Sex on ASD Identification in Schools

Rachel Sagers // Summer 2020 // Investigating Links Between Perception of Environmental Risk and Wellbeing of Utahns

Undergraduate Transcript Designations

This transcript designation signifies extensive involvement in undergraduate research. To earn this title, students must complete two semesters of research under faculty supervision and present at a conference. Fellows are automatically considered after submitting their reports each semester and earn the designation as soon as they qualify. This year we had **19** URFs formally recognized as Undergraduate Research Scholars!



Travel Awards and Internal Funding

UR Travel Awards // Audrey Lidgard, Katelyn Isaacson Bauer, Hyrum Hansen, Olivia Brock

Honors Funding // Hannah Johnson, Hyrum Hansen, Rachel Sagers, Olivia Brock

Academic Opportunity Fund // Matt Armbrust

Departmental Funding // Harley Cragun, Gianna Patchett, Ethan Hammer, Olivia Brock, Jake Gottschalk

Outside Funding // Taylor Edwards (Experimental Biology Travel Award)

Fellowships

Peak Fellowship// Alek Nelson // The Peak Summer Research Fellowship is an opportunity that is funded by David and Terry Peak for highly engaged and motivated researchers within either the College of Science or the College of Humanities and Social Sciences. Alek

NSF Graduate Research Fellowship // Bryce Frederickson



Pictured Above: Rachel Sagers (URCO Awardee) and James Mullen (MAE SoY)

Scholarships and Awards

Haylee Downey // Undergraduate Researcher of the Year- CEHS

Marin Easton // Bonita W. Wyse Scholarship

James Mullen // Mechanical and Aerospace Engineering Outstanding Pre-Professional Student of the Year

Olivia Gornichec // Department of Defense SMART Scholarship semi-finalist

Tyler Jackson // Civil Engineering Outstanding Pre-Professional Student of the Year

Kenen Goodwin // Department of Watershed Sciences Outstanding Senior of the Year // Quinney College of Natural Resources Scholar of the Year



Pictured above: Jennifer Ha (URCO Awardee), Audrey Lidgard (Travel Awardee), and Gianna Patchett (Departmental Funding Awardee)

Interested in these Opportunities?

The Office of Research offers many opportunities to apply for funding, fellowships, and the Undergraduate Research Scholar transcript designation. Visit our website to learn more about URCO Grants, Travel Funding, Research Funds, College of Science Mini-grants, the EURP program, and more.

Learn More Here

<https://research.usu.edu/undergradresearch/fund/>



URF's aren't just researchers. You spend your free time hiking, serving, learning, building relationships, and going to amazing places. One thing that we love about this program is that every single Fellow is different and brings a unique perspective to the group. Look at some of the Fellow's accomplishments and activities this year!

Internships F19-Su20

Hannah Johnson // USU-DWR Undergrad Internship with Mindy Wheeler

Emma Ashby // Contracting Intern in California

James Mullen // Thermal Management Technologies

Natalie D'Souza // Entomology Internship at the Utah Pest Lab

Harley Cragun // STEM REU at North Dakota State University

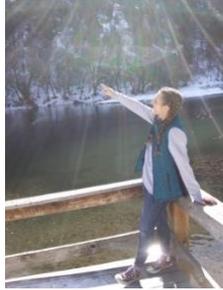
Cambry Adams // Head Safety Intern Chep pallet repair company

Fiona Van Leeuwen // FBI Internship in SLC

Emma Jones // Environmental Systems Intern at Sandia National Laboratories

Melissa Rasmussen // SULI internship at SLAC

Lauren Pack // SEED Internship



Pictured above: Megan Boyce, Madi Braunersrither, Natalie D'Souza, Sarah Johns, A.J. Walters, and Jake Gottschalk

Weddings

Emma Harding got married in December over Christmas Break.

Cambry Adams got married at the beginning of the Fall 2019 semester.

Emily Brotherson got married at the beginning of the Spring semester.

Fiona Van Leeuwen got married in a small ceremony in the Fall.

Babies

Tucker Gamble and his wife had a baby girl named Eleanor.

AJ Walters and his wife had a baby boy named Isaac.

Matthew Hansen and his wife had a baby girl named Hazel.

Ben Moulton and his wife are due in May!

Taya Godfrey and her husband are due in June!

New Pets

Bailey McFarland got a new cat named Nero! He also got a fish named Bernoulli McFatterson.

Rachel Sagers got a new cute kitten named Mila.

Jake Gottschalk got a dog named Josie!

Other Fun Facts and Accomplishments

Jennifer Ha will be the USUSA Student Advocate VP next year.

Emily Rice got a position on the Covey Leadership Club Presidency.

Mikenna DeBruin became an aunt.

Landon Taylor's new favorite carb is rice.

Kallen Brunson is now taller than her mom.

Clara Cook is learning Arabic.

Advice and Recommendations

One thing that we encourage in the URF program is peer-to-peer mentoring and support. The following advice comes straight from your fellow URFs! Read below to gain insight and ideas from the other fellows.

Research and Life

“Research is fun and it can be a lot to do, find funding so you don't have to juggle jobs and research.” – **Tessa Burrows**

“Do research you are passionate about- or you'll never get it done and don't compare your work to that of the other URF's. Your pace is your pace.” – **Sarah Johns**

“Prioritize relationships you form while engaging in research. Whether a mentor, a fellow undergraduate researcher, or someone who is interested in your work, those relationships can help you grow as a researcher and as a person.” – **Ethan Hammer**

“Find a mentor who is interested in your goals and development.” – **David Harrell**

“Make sure to balance school, research, and a social life! It can all become very overwhelming but giving yourself time to have fun and relax with friends is very important for your mental health!” – **Cate Kartchner**

Things to Do

- **Get outside!** Many URFs recommended hiking, walking, and exploring the outdoors.
- **Create!** Art, food, building, coloring, gardening, puzzles, etc.
- **Find new locations to get your work done!** Get out of your bedroom and try the dining table, the park, the Quad, and more. Find what works for you.
- **Read.** Put down your phone and computer and pick up a book. Reading before bed is also shown to improve sleep!
- **Nothing.** Recognize when you have hit your limit and need to destress. Meditate, nap, and watch TV.

General

“My only advice would be to not close any doors without peeking inside first. You can always turn around and close a door if you don't like it, but if you close it before you know than it will most likely not open again.” – **Tucker Gamble**

“You are a part of this program because you are great. That doesn't mean you have to be perfect. Always do your best but remember that even if things don't work that's okay. You are great because of who you are, not because of what you achieve. Learn from mistakes, and remember you are already doing great.” – **Bailey McFarland**

Are you looking for a new book, movie, or song? We have collected suggestions and recommendations from all the URFs and compiled them into the following lists! Click on the icon to see what other URFs enjoy.

Disclaimer: The lists are not censored in any way. Proceed with the understanding that this is student-generated content and has not been curated by the UR team, though we each added our own suggestions.

Book Recommendations



Song Recommendations

Log into [Spotify](#)

Search “URF Recommendations”

Find Playlist by Amelia Ashby

Enjoy!

Movie/TV Recommendations



URF 2019/20 Ambassadors 



Alek Nelson



Anneka Walton



Kenen Goodwin



Katie Miner



A.J. Walters



Ethan Hammer



Haylee Downey



Rachel Sagers



Emily Rice



Fiona Van Leeuwen



Nicole Kearl



Paul Consalvo

Undergraduate Research Team

Our URF Ambassadors and office staff are here to help you! The ambassadors represent you as we develop and change the program. Our office is available year-round—as campus re-opens we will be returning to Old Main 164, and we’re always available via email from our remote offices until then.

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