

February 2024

**UC RIVERSIDE**  
**CHANCELLOR'S**  
RESEARCH FELLOWSHIP  
**CRF Winter 2024 Newsletter**  
*University of California, Riverside*

Center for Undergraduate Research and Engaged Learning  
Division of Undergraduate Education

## **A Successful Wrap on Fall Quarter!**




The CRFs had an eventful and successful Fall Quarter. The Mentorship and Leadership committees worked hard to organize events to help students with connecting to research, professional development, and networking. Winter Quarter will bring even more exciting events!

[engage.ucr.edu/research/chancellor\\_fellowship](https://engage.ucr.edu/research/chancellor_fellowship)

# Fall 2023 CRF Events

## Mentorship



**Demystifying Research in CNAS**

Learn about the different research opportunities in CNAS, the expectations for success in research, and how to get involved!

**Wed, Oct. 11 from 11-12 PM**  
1127 Hinderraker Hall

For more info, visit [engage.ucr.edu](http://engage.ucr.edu)  
Questions? Email [ajgladis@ucr.edu](mailto:ajgladis@ucr.edu)



This workshop focused on helping students better understand what research looks like in CNAS fields and how to approach professors and get connected to research opportunities.

## Leadership



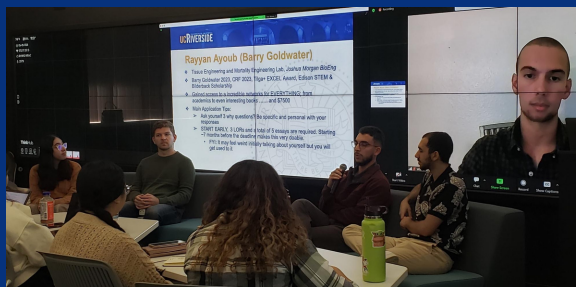
**PRESTIGIOUS AWARDS & SCHOLARSHIPS: AN INVESTMENT IN YOUR FUTURE**

@ucr.chancellors.research

Tues, Nov. 21 at 11:00am-12:00pm at XCITE, Rivera Library

A talk/panel with representatives from CORO, Strauss, Goldwater, Fulbright applicants.

For more info, visit [engage.ucr.edu](http://engage.ucr.edu)  
Questions? Email [ajgladis@ucr.edu](mailto:ajgladis@ucr.edu)



This event highlighted the range of Prestigious Awards and Scholarships available to students. Panelists included past winners who shared their experiences and advice as well as resources for applying and essay editing.



**Master Public Speaking!**

Join us to gain tips and learn how you can improve your public speaking skills!

**Wed, Nov. 15 from 11-12 PM @ 1127 Hinderraker Hall**

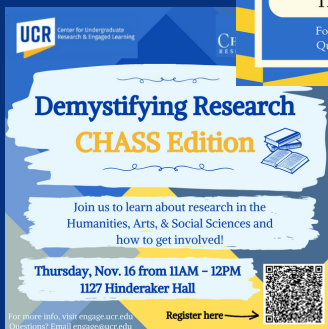
For more info, visit [engage.ucr.edu](http://engage.ucr.edu)  
Questions? Email [engage@ucr.edu](mailto:engage@ucr.edu)



**Graduate School Admissions Discussion**

Thinking about or applying to graduate school? Join us for a presentation with the graduate admissions faculty, where we'll be discussing strategies, approaches, and perspectives for graduate school.

**When:** Monday Oct. 23rd, 3-4 pm  
**Where:** XCITE, 1st Floor Rivera Library




**Demystifying Research CHASS Edition**

Join us to learn about research in the Humanities, Arts, & Social Sciences and how to get involved!

**Thursday, Nov. 16 from 11AM - 12PM**  
1127 Hinderraker Hall

For more info, visit [engage.ucr.edu](http://engage.ucr.edu)  
Questions? Email [engage@ucr.edu](mailto:engage@ucr.edu)

Register here 

The CRFs are passionate about sharing resources and advice. Their dedication resulted in 8 total workshops during fall quarter.



**Resume Writing Workshop**  
in partnership with the Career Center

Improve your writing skills and learn how to make your resume stand out

**Tuesday, Nov. 21 from 3 - 4 PM**  
1127 Hinderraker Hall

For more info, visit [engage.ucr.edu](http://engage.ucr.edu)  
Questions? Email [engage@ucr.edu](mailto:engage@ucr.edu)

Register here 

## Fall 2023 CRF Events

### Networking



Thank you Chancellor Wilcox and Diane Del Buono for hosting lunch for the fellows. We appreciate the open conversations and hospitality. We enjoyed learning about your career journeys, and were inspired by your advice to be open to new opportunities and have fun.

### Networking



Thank you Dean Kos for taking time out of your busy schedule to share your insights on the graduate school journey. This was an insightful conversation as we prepare for our post-graduate journeys.

# Highlights

## Peer Mentor Program

The **Second Cohort** of CRF mentees was selected in fall 2023. In addition to submitting an application, select students also participated in an interview process. CRF mentors encourage their mentee's research involvement through professional development activities and individual meetings.

Congratulations to this year's CRF mentees!

### 2023-2024 Cohort:

- Phiphi Dinh, Bioengineering
- Kai Bernard, Undeclared
- Anna Kim, Biochemistry
- Olakitan Adesanya, Business Economics
- David Ranai, Electrical Engineering
- Laura Canon, Computer Science with Business Applications
- Anisha Nawar, Computer Science
- Hannah Alcocer, CMDB
- Kelli Nguyen, CMDB
- Jia Ling Ma, Sociology
- Ani Kosoyan, CMDB
- Alexa Zelaya, Psychology
- Simon Andal, Biochemistry
- Camille Cabebe, Psychology
- Trusha Bhagwat, CMDB
- Joey Yang, Electrical Engineering
- Wesley Hur, Biology
- Haoyue Wang, Neuroscience
- Jocelyn Tran, CMDB
- Richard Zhou, Data Science
- Abdullah Siddiqui, Neuroscience
- Roshini Rangarajan, Computer Science with Business Applications
- Bella Finn, Biology
- George Babik, Electrical Engineering
- Jayanth Samala, Mathematics
- Yaser Naji, Biochemistry
- Jesus Ochoa Camez, Electrical Engineering
- Jade Huang, Biology
- Nadya Hernandez, Anthropology
- Carson Petkovich, Electrical Engineering

## CRF Highlights



### Alyssa Fundal

#### Project:

Evaluating the Effectiveness of Social Responsibility-Based Poster Messaging at Demotivating Food Waste Behaviors in UCR Residential Dining Halls

- **4th year** majoring in Environmental Sciences & Psychology
- **Faculty Mentor:** Dr. Ye Li, Management
- **Hobbies:** Playing the piano, painting & drawing landscapes, following Bob Ross tutorials, general arts and crafts

#### WHAT SKILLS OR LESSONS HAVE YOU LEARNED FROM RESEARCH?

"Along my research journey, I've learned the importance of resilience, curiosity, and open-mindedness. I now pass this lesson on as advice to all researchers, whether aspiring or experienced."



### Rayyan Ayoub

#### Project:

The Effects of Senescent Cell-Derived Matrix on Naive Fibroblasts

- **4th year** majoring in Bioengineering
- **Faculty Mentor:** Dr. Joshua Morgan, Bioengineering
- **Hobbies:** Basketball and reading

#### WHY IS MENTORSHIP IMPORTANT TO YOU?

"This quote inspires my role as a mentor 'A mentor can teach you a lesson in five minutes which took them 25 years to learn!' Don't wait to find your mentor! I am here to support!"

# CRF Highlights

## CRF Highlights

As undergraduate researchers the CRFs are encouraged to share their research findings at conferences. These events provide networking opportunities, professional development in oral presentation skills, and opportunities to learn about research conducted at other campuses. Congratulations to our CRF presenters.

### 2023 Southern California Conference for Undergraduate Research (SCCUR)

- **Aracely Gonzalez, Neuroscience**
  - "Conjugated Oligosilane Likers for Improve Photon Upconversion"

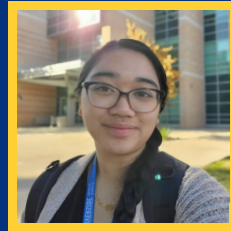
### 2023 Geoscience Los Angeles Meeting (GLAM) at USC

- **Grace Tirado, Bioengineering**  
"Bystander Senescence and ROCK Inhibition in Endothelial Cells"

### 2024 National Conference on Undergraduate Research (NCUR)

- **Alyssa Fundal, Environmental Sciences & Psychology**
  - "Evaluating the Effectiveness of Social-Norm Based Messaging and Dynamic Feedback on Reducing Food Waste in University Dining Halls"

## CRF Highlights



**Alyssa Fundal**

**Congratulations on being awarded \$4,000 from the Green Campus Action Plan (GCAP) at UCR to support your CRF Research Project, Evaluating the Effectiveness of Social Responsibility-Based Poster Messaging at Demotivating Food Waste Behaviors in UCR Residential Dining Halls from the ! CRFs are encouraged to use their experiences to apply for awards and leadership opportunities.**



**Congratulations to the CRFs who spent fall quarter applying to graduate/professional schools, post-graduate awards & fellowships, and jobs. We can't wait to post the results in our spring newsletter!**

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## CRF Alumni Interview

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### **Purnima Qamar** **Senior CRF 2022-2023** **B.S. Psychology**



#### 1. What have you been up to since graduation?

Following graduation, I joined the Intramural Research Program in the Section on Development & Affective Neuroscience at the National Institute of Mental Health in Bethesda, Maryland. Here, I work on several projects that examine the neural and behavioral mechanisms underpinning anxiety in clinically anxious pediatric populations. The research training and clinical exposure I have received at NIH has been extremely fulfilling and joining my group has allowed me to parse and develop my specific interests. In the next year, I will apply to PhD programs in Clinical Psychology, particularly focusing on child development and affective neuroscience, to continue my training as a researcher and future clinician. In my spare time, I've been enjoying the wonderful food, nature, and bookstores that living in DC offers!

#### 2. How did the CRF help you on your journey?

The CRF was an opportunity that opened the door to pursue and find joy in my independent work. In my first year of the CRF, I explored my interests in predictors of anxiety and depressive symptoms in Latina girls. The following year as a Senior CRF, I took the skills and knowledge I learned from my initial project and utilized them to propose a neuroimaging project exploring neural markers of anxiety. The experiences allowed me to build and explore my research interests, receive generous mentorship from Dr. Kalina Michalska & Dr. Dana Díaz at the KIND Lab, gain experience leading independent work, and truly find joy in research. Additionally, the leadership experiences the CRF provides are like no other on campus, and the program helped me learn how to describe and convey my research to others on/off campus, provided opportunities to help others navigate research involvement, and allowed me to found the CRF Mentorship Program. Ultimately, the CRF opened doors for me to continue my research in my post-graduate career, and I am deeply thankful to Gladis and the CRF for the opportunity to grow as a student, person, and researcher!

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## CRF Alumni Interview

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### **Purnima Qamar** **Senior CRF 2022-2023** **B.S. Psychology**



#### 3. What advice do you have for current CRFs?

My advice for current CRFs is to explore doing research off-campus. Working in a research lab off-campus following graduation has truly allowed me to learn about my field of interest from various perspectives. There are various summer, post-bac, and research programs provided by extramural research programs across the country. Once you gain that experience, you can take your knowledge and further inform your understanding of your project! Additionally, I encourage CRFs to use their stipend to attend research conferences off-campus, as it is truly wonderful exposure to contemporary research in your field of interest. The CRF allowed me to present my work in cities such as Portland, Salt Lake City, and San Diego, and this exposure was vital to my development both as a researcher and student.

Opportunities:

Summer Research Training Program at NIH Institutes (paid program for undergraduates):

<https://www.training.nih.gov/research-training/pb/sip/>

Virtual Research Training Program at NIH Institutes:

<https://www.training.nih.gov/research-training/pb/sip/v-soar/>

Intramural Research Training Award (IRTA) Program at NIH Institutes:

<https://www.training.nih.gov/research-training/pb/pb/>

#### 4. What are your long term goals?

I plan to apply to Clinical Psychology PhD programs in the upcoming application cycle. As a researcher, my values have always encompassed the mentorship of others, creating diverse and representative work including populations not often represented in research, and empowering communities with access to digestible knowledge of their mental health. Ultimately, I aim to continue developing this contribution to the field of pediatric clinical psychology and affective neuroscience as a scientist and clinician.

# CRF Holiday Break Activities



**Melita: 3D-printed Catan Game Night!**



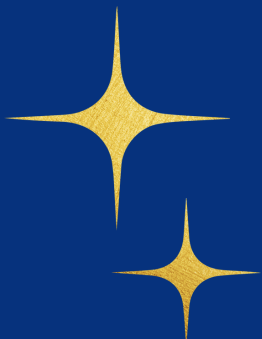
**Emily: Escape Room Success!**



**Dora: Semester Abroad in South Korea!**



**Melika: Snowboarding in Mammoth and Big Bear!**



**Alyssa: Holiday Dinner with Friends!**



**Grace: Clippers Basketball Game at the Toyota Center!**



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## Upcoming Winter CRF Events

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### Mentorship Committee



- **How to Form Connections with Professors - Student Perspective**  
Jan. 16th @ 2-3 pm in SSB 2201
- **Developing Organizational Skills**  
Jan. 18th @ 4-5 pm in SSB 2201
- **Earning Letters of Recommendation - Faculty Perspective**  
Jan. 29th @ 4-5 pm in SSB 2201
- **Interview Tips and Practice**  
Feb 27th @ 11am-12 pm SSB 2201
- **Public Speaking Series II: Presenting Yourself - Developing your Elevator Pitch and Self-Narrative**  
Feb. 29th @ 10-11 am in 1127 Hinderaker Hall

**We hope to see you there!**



### Leadership Committee

- **The Graduate Student Experience Roundtable**  
Jan. 23rd @ 1-2 pm in HUB 221
- **Demystifying Study Abroad Experiences**  
Feb. 13th @ 11-12 pm in SSB 2201
- **Journey of Resiliency - Gates Cambridge Scholarship Candidate**  
Feb. 29th @ 2-3 pm in 1500 HMNSS
- **The Winding Road to Medical School Panel**  
Mar. 1st @ 2-3 pm SSB 2201

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## Winter CRF Application Workshops

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### Workshop Purpose



- The CRF Application workshops are intended to provide insight into the expectations for a competitive application.
- All applicants for the CRF are required to attend this workshop.
- Attendees will have access to meet with the fellows follow-up questions and advice.

**We look forward to supporting the next CRF cohort!**



### Workshop Schedule

- **Week 2: January 16th, 1:00 PM, 2201 Student Services Building (SSB)**
- **Week 3: January 23rd, 11:30 AM, 2201 SSB**
- **Week 4: January 31st, 4:00 PM (Zoom)**
- **Week 5: February 6th, 1:00 PM, 2201 SSB**
- **Week 6: February 14th, 3:00 PM, 2201 SSB**
- **Week 7: February 20th, 2:30 PM (Zoom)**
- **Week 8: Monday, February 26th, 10:00 AM, 2201 SSB**

**Visit the CRF Website to RSVP**

Thank you from the newsletter editing team.