
McNair Association of Professionals

MAP Newsletter

Issue No. 3 | January 16, 2024



Welcome From the MAP President, Steven Fernandez!

Welcome and Happy New Year to our McNair Family! 2023 has been an exciting year of growth and achievement for the McNair Association of Professionals. Membership has increased to represent over 50% of McNair programs nationwide and continues to rise. This is a direct result of the tremendous and dedicated efforts of our remarkable MAP committees, executive board, and outstanding community of members. It has been my distinct honor to serve as MAP President these past two years and I could not be prouder of all the incredible work being done. I want to give a heartfelt thank you to all our members and I hope everyone had a very joyful holiday season! I look forward to seeing what we can achieve in 2024!

Steven Fernandez
Baylor University
McNair Association of Professionals – President.



Election Spotlight



President Candidate

Eric Dieter, Ph.D.

Institution: The University of Texas at Austin

Title/Role: Executive Director

Email: ericdieter@austin.utexas.edu

Years worked with TRIO/McNair: 5/5

McNair Alumni: No



President Candidate

Kim Rosfeld, Ph.D.

Institution: Southern Nazarene University

Title/Role: McNair Program Director

Email: kirosfel@snu.edu

Years worked with TRIO/McNair: 11/11

McNair Alumni: No

Election Spotlight



Secretary Candidate

Kari Azevedo, Ph.D.

Institution: University of Central Missouri

Title/Role: Director, TRIO McNair Scholars Program

Email: kazevedo@ucmo.edu

Years worked with TRIO/McNair: 17/17

McNair Alumni: No



Parliamentarian Candidate

Pamela M. Nevar, Ph.D.

Institution: Central Washington University

Title/Role: McNair Program Director & Faculty

Email: nevarp@cwu.edu

Years worked with TRIO/McNair: 7/7

McNair Alumni: No

MAP News

10th Annual MPPI! - Information That You Need to Know

The 10th Annual McNair Promising Practices Institute will be held in Fajardo, Puerto Rico from January 24th - 27th! We are so excited to see what MPPI has in store for 2024. If you are attending in-person, here is information that you need to know:

PR Time Zone:

Atlantic Standard Time (GMT-4)
(one hour ahead of EST, two hours ahead of CST, four hours ahead of PST).

Hotel:

El Conquistador Resort
1000 Avenida El Conquistador
Fajardo, 00738, Puerto Rico

Recommended Airport:

San Juan Airport (SJU)

Shuttle Information:

Shuttles are being provided by MPPI from the airport on Tuesday, January 23rd and to the airport on Sunday, January 28th. Please contact Michael Aldarondo-Jeffries at maj@ucf.edu for specific shuttle times and to secure your spot.

If a shuttle is needed outside of those dates, you will be able to book a shuttle through the resort. The shuttle link is located in your booked resort confirmation email.

We hope to see you there!



MAP Messenger Member Spotlight

McNair Association of Professionals' members are the heart and soul of the MAP organization. To celebrate this amazing community of TRIO professionals, we are introducing a new section in our MAP Messenger newsletter called the "MAP Member Spotlight" where we will feature one member in each issue beginning with our March 2024 issue. Members will be chosen from the MAP directory and asked if they will agree to be in our spotlight section. Our goal is to recognize our members, acknowledge their contributions, and learn from and about each other.

Upcoming McNair Research Conferences

National Conference for McNair Scholars and Undergraduate Research
University of Maryland College Park
March 14 - 17, 2024
Registration ends Feb. 24th
[Website Link](#)

Gabriel E. Gallardo Research, Student Leadership & Advocacy Symposium-
University of Washington
April 22nd-24th, 2024
Registration increases Feb. 17th
[Website Link](#)

A promotional graphic for the McNair Association of Professionals (MAP). The graphic features a man in a blue NASA flight suit smiling. The text reads "Join A Committee" and "MAP McNair Association of Professionals". To the right, a list of committees is provided: Financial Affairs, Pedagogy/Educational, National McNair Journal, Legislative, Communications and Media, Evaluations and Outcomes, Governance and Nominating, and Conference and Events. Below the list, it says "VIEW OUR WEBSITE FOR MORE INFORMATION" and "McNairMAP.org". A QR code is located in the bottom right corner.

Feed Your Soul

Easy Strategies for Easing Stress

Now that the new year is here after a long and stressful holiday season, this is the perfect time to practice self-care with some simple research-supported strategies for relieving stress. No special equipment is required!

Strategy #1: When stressed, breathing can become shallow and rapid. Deliberate slow deep breathing for as little as 5 to 10 minutes could reduce stress by helping to relax muscle tension and increase awareness of breathing rate and depth. Take time to slow down and breathe. (Kuppusamy et al. 2018)

Strategy #2: Take deep breathing to the next level by using a yogic breathing technique where you mimic the buzzing of a bee when you exhale. The process is simple. Breathe in and hold it for a moment, then breathe out by humming through your nose taking longer to exhale than you did to inhale. Pause after exhaling for a moment and repeat the process for 5 to 7 minutes. Studies suggest that humming like this can reduce stress by positively stimulating the autonomic nervous system and by increasing the natural production of nitric oxide (NO), an important chemical messenger that increases blood flow. (Kuppusamy et al. 2018)

Strategy #3: Making music, singing, or just listening to music you enjoy can soothe your soul. Research shows that listening to music can have “positive effects on physiological and psychological stress experiences.” Better yet, hum along to your favorite songs to maximize the benefits! (de Witte et al. 2020) , (Wong et al. 2021)

MAP Officers

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Baylor University

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McNair Scholars and Alumni at the SACNAS 2023 Portland, Oregon
Photo taken by Kim Rosfeld



Job Listings

Check out open McNair job listing from around the country by following the link or scanning the QR code with your phone's camera.



<https://www.triojoblist.com/job-lists/mcnair-program-job-list>

Social Media

Find and Follow Us on IG, Facebook, & LinkedIn for all relevant and important information for MAP!

