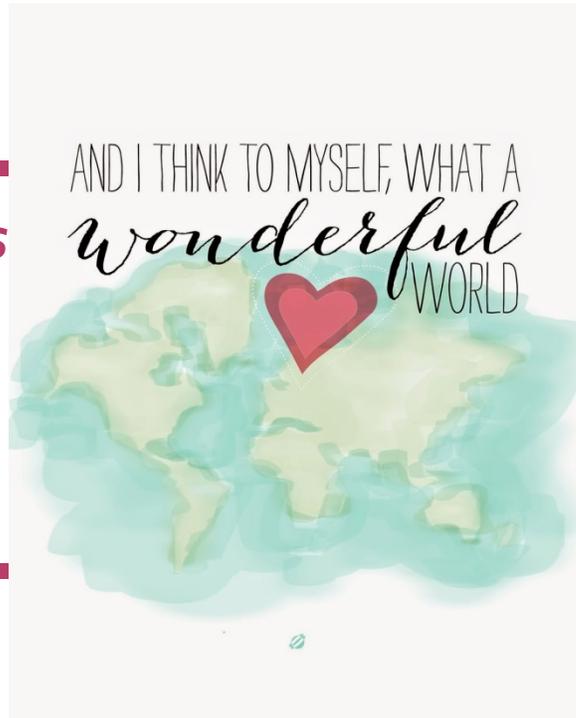


# Congratulations to the Class of 2016!



# BioMass

Biology Student Newsletter

May 2016

BIOMASS COORDINATOR: KIRSTEN SLETTEN '16

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## Senior Reflection

by your BioMass coordinator Kirsten Sletten '16

During my time at St. Olaf being a biology major has impacted my life in a variety of wonderful ways. Although studying biology was just a small chunk of the many things I have done at St. Olaf, it has managed to influence every part of my St. Olaf experience both in and outside the classroom.

One of the best parts of being a science major is the required labs. I, like most science majors, went through some love hate relationships with a few of my labs, but the good far outweigh the bad. While labs are fun and enjoyable for many reasons the great thing about all labs is the people that you meet. As I have begun reflecting on my time at St. Olaf I realized how many amazing people I have had the opportunity to know through the many biology labs I have taken. Many of the individuals I may never

have met or gotten to know, but thanks to randomly assigned lab groups I did. There is something about skinning a cat or succeeding after many failed attempts of running qPCR that brings people together.

As busy St. Olaf students, it can admittedly be difficult to find the time for extracurricular activities. But when you do take the time it can lead to great experiences. During my sophomore year I took the time to volunteer with the Natural Lands Learning and Sharing program led by Professor Diane Angell. I would encourage every biology student to participate in this program at least once. Through this program college students have the opportunity to teach some basic biology concepts to local elementary students.

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### Joy's Reminders

Reminders from your AAA



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### Senior Plans of the Class of 2016

See what the Biology Seniors are up to next year.

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(continued from pg 1) Participating in this program reminded me how important it is to share my interest in biology with a younger generation and inspire them to continue studying biology. I can vividly remember similar experiences of hands on learning as a child that led to my science interest in school.

Besides the terrific extracurricular activities, I've also been heavily

impacted for the St. Olaf biology department staff. As a female biology major, the St. Olaf biology department has provided me with many incredible role models to look up to. The female professors in the biology department are a forced to be reckoned with and are some of the smartest and kindest professors I have had the pleasure of working with at St. Olaf. I feel so thankful to have had the opportunities to learn

from a few of the many inspirational women in the science department.

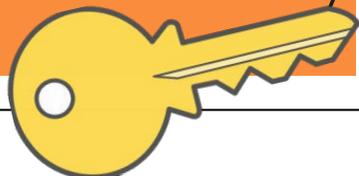
#### LIKE TO WRITE?

Joy needs a new BioMass Coordinator next year – If you like to write, please apply to her (broin1@stolaf.edu)

## Reminders for end of year

by Joy Broin

I need your keys back to my office RNS 360 by FINALS. Please put your keys in an envelope with your name on it from my door.



*Fall hiring is happening NOW.  
Ask Joy about application.*

*Senior Biology Banquet*

*May 16<sup>th</sup>*

*6-8 PM*

*Dress Nicely*

# Senior Reflection

by Allie Bartholomew '16

About nine months ago, I put on a pair of scrubs and picked up a scalpel for the first time. Professor Crisp ushered the cadaver dissection team into the lab and told us to “have at it.” We were like deer in headlights, with little to no idea how to even begin this monumental task. Despite our uncertainty in the beginning, we spent an entire semester diving head first into the intricacies of the human body. The cadaver dissection was the academic opportunity of a lifetime, and the independence our team had made it all the more worthwhile. We gained a tremendous appreciation for the awesomeness of human biology, and we learned how to be true scientists, learning as we went along, taking our time, and doing it our own way.

Two years ago I went in to Professor Angell’s office for an advising session. Like many other underclassmen struggling under the stress of registration, I had had a few meltdowns that week. Was I sure I wanted to be a biology major? What classes should I take? What did I want to do with my life?! I knew I liked biology, but I didn’t feel like I fit in with the pre-med biology majors or the earthy, environmental biology majors. As I expressed my concerns to Professor Angell, she just smiled and said, “You’ll figure it out. You have time.”

A couple weeks ago my lab partners and I were debating what ethanol concentrations we should use to test our corn plants’ resilience. When we asked Professor Giannini, he responded casually, “You’re the scientists here.” We grumbled a bit, but are now in the midst of writing a lab report about research we conducted and an experiment we designed.

These last four years at St. Olaf have been the most formative of my life. I’ve learned to think critically, pursue knowledge diligently and independently, and broaden my intellectual scope. I’ve made some of my best friends, grown as a person and a scholar, and gained an immense appreciation for this incredible institution and all it does to serve its students. Being a biology major has been instrumental in this adventure. The professors have filled me with knowledge and instilled in me a sense of confidence and independence, and I will be forever grateful.



# Senior Plans of the Class of 2016

Anna Caspar - Teaching science at the middle school or high school level

Courtney Seufert - Going home to save money until next spring then Conservation Corps for about 6 months then grad school for environmental education (probably)!

Tiffany Eisenbach - Attending the University of Washington School of Medicine

Michael Burgdorf - I will work for the Americorps program College Possible as a Junior Coach

Tess Hudson - I'll be joining the Iowa State University College of Veterinary Medicine Class of 2020!

Emily Nelson - I will be working as a nurse intern in Mercy Hospital's Emergency Department over the summer and will be pursuing

Virginia Larsen - Medical School

Tomaz Manzoni - Graduate School for Microbiology at the University of Pennsylvania

Leah Stinson - I plan on applying to medical schools this summer and working at a year-round camp/facility for children and young

Sarah Rajala - Work as a clinical assistant at Tareen Dermatology and apply to medical school.

Lara Shefelbine - Working as a clinical assistant at Tareen Dermatology for a gap year before heading off to medical school.

Hunter Lin - Graduate Nursing at Johns Hopkins University School of Nursing

Anna Landskroener - Working as a Consulting Analyst for Cerner (a healthcare IT company) in Kansas City MO

Connor Phelan - I will be working for Lutheran Volunteer Corps and am placed at the Minneapolis Bicycle Coalition. I'll be working as their communications and outreach coordinator for the next year. The best part is that I get to work with BIKES all day!

Stuart Behling - PhD program at Duke for neurobiology

Amelia Schurke - I'm planning to take 2 gap years before medical school! Next year I hope to scribe!

William Haines - Financial Analyst in Mergers & Acquisitions at UnitedHealth Group

Riley Thompson - I'm going to find a job in a microbiology lab and gain some experience. I do plan on going to graduate school in the near future but I would like to know more about the field before I begin the application process for graduate school.

Wherever I go I plan on joining a local choir.

Lisa Koetke - Next year I will be in the Indian Himalayas researching the diet overlap and competition between livestock and wild herbivores on a Fulbright grant. In the more distant future I plan to pursue a PhD in behavioral ecology and go into research as my career!

Roman Tyshynsky - Graduate Program in Neuroscience at the University of Minnesota

Cindy Fifield - Teaching high school biology in Minneapolis

Abby Nelson - summer internship at Sites of Conscience

Stephanie Kisch - Cardiovascular Monitoring Technician for SpecialtyCare at Abbott Northwestern Hospital

Karly Boll - Applying to medical school and working as a clinical assistant at Tareen Dermatology in Roseville MN for my gap year!

Jackie Tanis - In August I will begin medical school at Rush Medical College in Chicago.

Morghen Philippi - Serve as an ELCA Young Adult in Global Mission in Madagascar

Laura Post - My entire summer will be spent living and working in the wilderness as a Boundary Waters Canoe Guide with Voyageurs Lutheran Ministry in northern Minnesota. In September I will start studying for the MCAT and begin a full-time job at Mayo Clinic working in an orthopedics research lab studying osteoarthritis for up to 2 years.

Malika Dale - Work at RED and Recombinetics!

Zoe Hansen - Working as a researcher in the Department of Plant Pathology at the College of Food Agriculture and Natural Resource Sciences through the University of Minnesota.

Ellen Sutter - I'll be working as a research assistant at Washington University in St. Louis beginning in June, working with two different professors in neurorehabilitation research. One professor is studying ischemic conditioning and stroke, and the other is studying Parkinson's disease rehabilitation using a variety of methods, such as tango dancing! After a year or so of work, I plan to go to grad school, possibly for a combined DPT/PhD degree.

Calvin Lehn - PT school after a gap year

Mimi Arabalo - Working at a T-shirt shop in Provincetown and being as queer as possible.

Emily Voldal - PhD program in biostatistics at the University of Washington

Lauren Bird - This fall, I will be entering into a year-long accelerated nursing program at Augustana University. After I gain RN certification, I plan on entering into a 3-year Certified Nurse Midwifery (CNM) graduate program. I cannot wait to provide empowering, comprehensive health care for women!

Grace Kueffner - I'd like to use my Women's & Gender Studies and Biology degrees to go to grad school and get my Masters of Education in Human Sexuality. I hope to change the way we teach and think about sex!

Sam Weaver - I'll be joining the Ecology, Evolution, and Behavior department at the University of Minnesota as a Ph.D student this fall. I will be working on evolutionary genetics and evolutionary ecology, and I'll be coadvised by Ken Kozak and Suzanne McGaugh.

Morgan DuBois - Gap year followed by grad school

Nicole Johnson - Scribing in the Twin Cities

Luke Lebens - Working at Medtronic in Coon Rapids

Ruth Whittington - I have a ecology research internship with Archbold Research Station in south central Florida.

Nora Gilbertson - I will be at the University of York next year for a Masters in Math-Bio then starting my PhD in Applied Math at the University of Washington (Seattle).

Elysa Bond - Working full-time as a Genetic Counseling Coordinator for Reproductive Genetic Innovations in Northbrook IL before pursuing an MS in Genetic Counseling.

Allie Bartholomew - I will be working as a pathology aide at Hospital Pathology Associates in Minneapolis for one year after which I will be attending UW-Madison for a masters degree in occupational therapy.

Elizabeth Warren - Pursue a Ph.D. in Comparative Psychology

Connor McCormick - Work in the solar industry

Sasha Mandle - Going to Thailand ,Cambodia, and Vietnam for 2 months! Then I'll work as a CNA at a hospital in the twin cities for a year before nursing school.

Divya Rana - Graduate school for Microbiology and Diabetes Research

Morghen Philippi - Serve in Madagascar through the ELCA Young Adults in Global Mission program

Lauren Fleddermann - Attending the University of Texas at Houston's genetic counseling program

Magill Schumm - I will be working as a field technician with an osprey recovery program through the University of Illinois Springfield and the Illinois DNR

Dylan Leonard - Employed as a Medical Scribe

Kristen Rudberg - For one year I will be volunteering in Rwanda with Young Adults in Global Mission (YAGM).

Charlie Liggett - Graduate School at UMD

Ruoyang Wang - Graduate Program in Biology

Grady Gores - Taking a gap year at a dental school and applying to school.



**Best of Luck to the  
Biology graduates  
of 2016! 😊**