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NALA(STEM) Newsletter

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NALA (STEM)

REFERRAL CHALLENGE

<https://linktr.ee/nalastem>



ALL YOU HAVE TO DO IS :

- 1** Invite a friend to join NALA by April 30, 2023.
- 2** Tell them to enter your name as the referrer during sign up.

The top 3 recruiters will have a chance to win a gift card!



**GET READY. GET
SET. RECRUIT!**





GET TO KNOW OUR EXECUTIVE STAFF

AARON WEST

TREASURER

What are you dedicating yourself to right now in the realm of science?

I'm a first year PhD student at the University of Kentucky. I'm interested in neuroscience, more specifically the science of touch. We are studying neurons in the duckbill. There are touch receptors (Grandry and Herbst corpuscles) that are homologs of human corpuscles. This is an area of science that hasn't been well explored before.

How did your relationship with science start?

In 6th grade, in biology class, I fell in love with the pictures in my textbook. Fast forward to high school, I moved to Glenwood, Illinois. It was very small - I could walk from one end of town to the other in an hour. My senior year I started working as a grocery store bagger, and the friends I made there told me about a forest preserve near my house. It was a block away from where I lived, but I hadn't known it was there. I was just so amazed by it. It was different than the rest of town. It smelled different, it felt different, it looked different. The beauty of nature, of the geese, of getting lost on the trails, made me fall in love with biology all over again.

What is something challenging about pursuing a degree in STEM?

The hardest thing is confidence. Some students seem to spend more time in the lab than I do, other students have already published papers. I hear from my professors and mentors not to compare myself to other students - and this is great advice! But I still worry 'Am I cut out for this? Do I have the dedication and work ethic to put towards communicating about my science?' It all feels like a very big task.

How do you overcome that challenge? What advice do you have?

I take it day by day. I try to use as many resources as I can. I've learned how to actively receive feedback, how to get a handle on emotional wellbeing (both my own and that of my lab mates). I also make goals as a way to change my habits for the better - I try to turn in my assignments 2 days before they're due, I try to stay up to date on the foundational research in my field, and I'm trying to figure out what I find most exciting about the field so that I can eventually spread my wings and dive into what I'm most interested in.

GET INVOLVED!

Come join us at NALA(STEM)! We currently have several open positions.

NALA(STEM) MENTORSHIP COMMITTEE MEMBER

NALA(STEM) OUTREACH COMMITTEE MEMBER

[For position descriptions and more information click here!](#)

[Become a NALA member - click here!](#)



UPCOMING EVENTS

2023 Illinois **LSAMP** SYMPOSIUM

COLLABORATIVE JOURNEY TOWARDS
URM STUDENTS' SUCCESS IN STEM

February 24th & 25th

Double Tree by *Hilton*
3003 Corporate West Drive
Lisle, IL. 60532

