



SEMESTERLY COMMUNIQUE



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In order to help other students who may also face perfectionism I have created a list of 5 tips to help validate and defy this trait

SCHOLARSHIP HONOREES

Personally, I feel the definition of heroism is to be able to strike hope into people that needed it most, to strike a match and light the void.

BROUGHT TO YOU BY THE NEWSLETTER TEAM



Cale



Emmanuel



Dr. Yee Han Chu



Nicole



NEWS FROM THE HEAD

While I enthusiastically love my job, an ever-present spoiler chafes my joy—when students learn they did not win after they put many, many hours into their applications. One student logged 152 hours between interviewing prior awardees, drafting emails to recommenders, meeting with recommenders, sending our reminders to recommenders to submit their letters of support, updating the resume, writing a personal statement, and researching the programs the scholarship would fund.

In the world of applying for competitive scholarships, one is more likely to not win than to win. Competition is like that. What makes these scholarships so prestigious is in part the ridiculous odds against receiving one. Look briefly at the success rates of the scholarships that UND students applied for this semester: CLS (10%), Rhodes (.7%), and Schwarzman (5.5%). The most difficult and perhaps the most important aspect of my job is helping students rebound from grave disappointment....if the students let me.

In this issue I want to examine the role of resilience in the pursuit of national scholarships. We must be resilient in all aspects of our life. If there is one message I want to share about why applying for national scholarships is so worthwhile—especially now—it is because the process of applying for a scholarship normalizes struggle. You struggle when you start the application. You struggle when you try to finish it by the due date. You struggle with the outcome should you not win. Struggle yields resilience. Fundamentally, applying for national scholarships teaches you to be resilient. And, resilience is the foundation for all achievement.

I want to thank my team of NSPA students who worked so diligently and with enthusiasm this semester to help me promote national scholarships. They put together some wonderful videos that will serve as resources moving forward as an alternative to face-to-face delivery. A special thank you to the newsletter team, Cale Gressman, Emmanuel Musa, and Nicole Rothenberger, who put this edition together.



The Second Annual National Scholarship Awards Ceremony: COVID 19 edition

by Cale Gressman

The second annual National Scholarship Awards Ceremony took place on December 2. With some fun times associated with the amazing thing called Zoom, the ceremony started off at high noon, with high expectations. To start off the ceremony Dr. Yee Han Chu shared a few opening remarks in which she introduced herself and to explain the purpose of this awards ceremony, which is of course to showcase the academic success of those who earned prestigious national scholarships.

The mic was passed off to the University President Armacost. He then proceeded to give a warm welcome to everyone who was in attendance at the event, praised the awardees for their efforts and achievements, and thanked the mentors for all that they had done. Dr. Chu then introduced Interim Provost Storr, who proceeded to express her pride in the awardees and other applicants. As well as giving Dr. Chu a good bit of well-deserved praise for her efforts to help students find scholarships suited for them and her efforts to push national scholarships.

Then the main part of the event kicked off. We at the University had the great fortune this year of having 8 awardees. After an introduction of them and their scholarship by Dr. Chu, each of the awardees stepping up to the metaphorical podium and sharing a few words or rather a word that describes what they attributed their success to. One of the more notable one's to be given was from Merrick McMahon:

"Okay, we were asked today to share one word to describe why we're able to earn these awards, and to be honest, I never really thought I was ever able to achieve the slightest consideration for any of these scholarships. To be honest, I feel that blood, sweat, tears, bravery, courage, and perseverance and, most of all, hard work still do not appeal as proper justification for me. Achieving these honors, I feel like what helped me achieve many of these scholarships was hope. Many people often say Cobell or Senator Udall are our heroes, but they weren't heroes because they decided to save the day. Personally, I feel the definition of heroism is to be able to strike hope into people that needed it most, to strike a match and light the void. I chose Keith to be my mentor because he is an active member of the Native American community. I'm enrolled in the Turtle Mountain Band of Chippewa Indians. Most of all Keith gave me hope for the better health of my people. I hope one day my people are given the God-given right to good health care. I hope that hope inspires others that one day we may rise up to achieve this goal. Hope is how I achieve these honors. Hope is how I am going to achieve my future goals."

Then NSPA's very own Michelle Nguyen stepped up to the plate and hit it out of the park with an impassioned speech. After describing her own experience with national scholarships, (Where she inevitably made Dr. Chu cry. Good work Michelle.) she gave two pieces of advice for those looking at applying for scholarships. The first being that you need to keep working and the second that we should not be afraid of failure.

After this, Dr. Chu announced that all of the awardees would receive plaques in their honor in the Hall of Honorees. Finally, Dr. Chu gave the closing remarks and with that, so ended the second annual Scholarship Awards Ceremony.



by Nicole Rothenberger


IN THE MIND OF DR. THYRA KNAPP

Dr. Thyra Knapp has been advocating for the Fulbright scholarship and other international scholarships at UND for the last few years. The Fulbright scholarship allows applicants to spend time abroad researching, studying, or teaching in one of a large selection of countries. Knapp's mentorship blossomed as a result of being part of UND's International Studies program, which led to a chance invite to a Fulbright workshop in New York. She said that the reason she became a campus advisor for the Fulbright was very similar to the reason she began teaching. "Seeing the student grow and learn from one year to the next through this process, and seeing them grow into themselves is really the most amazing part of working with students for this scholarship." As soon as Dr. Knapp learned the benefits and saw the students who apply succeed and grow from the process of application whether they receive the scholarship or not is a key factor in this process and it is one of the main reasons she continues to cultivate this scholarship on campus. The Fulbright scholarship includes a series of concise personal essays about oneself and their reason for applying which takes a lot of time to develop. Knapp described the process as tedious yet completely worth it at the end of the day. "Guiding students throughout this process and sharing in their success and failure" is what Dr. Knapp sees as one of the biggest benefits to this work. 🚲

Dr. Knapp also stressed that she thinks more students would be interested in the Fulbright if they realized that being from a university that is not Ivy League does not mean you will not have the same chance students from schools like Yale or Harvard. She stressed that, "They want to see kids from North Dakota and Minnesota. They want to see a spectrum of American undergraduates, which does include you. Fulbright wants representatives of America." She also explained that being from a small town of 50 or growing up on a farm are the exact type of people they are looking for. "Not everyone is from Manhattan or San Francisco. Thinking so is an unrealistic representation of America." The point of the Fulbright scholarship is to send Americans around to spread culture, knowledge, and initiative.

Dr. Knapp remarked that this application process takes a lot of work but to not be discouraged. She always tells prospective applicants that "You are good enough. You are smart enough." The key to the fulbright is to "Think about the red string that connects you from one point in your life to another. What motivates your life's work, and what makes you, you." She stressed that anyone interested in the Fulbright should not shy away from the opportunity that she has been too naive to apply for when she was our age.

"Do not underestimate your abilities. Do not undermine yourself. Get into the game and fight for yourself; do not hold back."



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THE RHODE



TAKEN

by Mary Martin

In the game of softball and baseball, a player is considered to have a successful batting average while failing 7 out of the 10 times she or he steps up to the plate. Failure is simply part of the game. In the midst of competition, an athlete must have the ability to bounce back after an error or a poor performance. This is known as resilience, the capacity to recover quickly from difficulties.

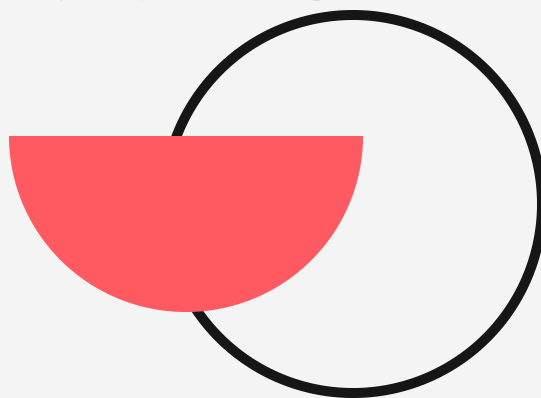
Over the past six months, I had the opportunity in submitting an application for one of the most competitive scholarships across the globe, the Rhodes Trust. As a frame of reference, the overall global acceptance rate for this particular scholarship is 0.7% and American astronaut, Buzz Aldrin who was the second person to set foot on the moon, applied for the Rhodes Trust twice. He was rejected both times.

Like Buzz Aldrin, I was not afforded the opportunity in becoming one of the 32 selected this year in pursuing a postgraduate education at the University of Oxford. The Rhodes Trust will simply be another bullet point added to my resume of failures. I stepped up to the plate but ultimately struck out. However, like in all games, I will get another chance at bat. My performance in the opportunities to come hereafter, thus depends on my resilience and ability to learn from this experience.

A competitor will analyze what went right, what went wrong and why. In terms of an at bat, I may have swung to early or too late. I may have been in the wrong headspace in my approach. The next time I go up to bat, depending on these conclusions, I make adjustments to my swing or my approach.



This process applies in all facets of life. I didn't get the Rhodes. But why? My analysis allows me to identify the gaps in my personal qualities and those of a Rhodes scholar. As a result, when I apply for the Rhodes again or any other opportunity, I will have made adjustments and adapted my plan. I will have learned from past failures to give myself the best possible chance at success in the future.



OVERCOMING PERFECTIONISM

by Mya Steinwehr

As a student who has applied for many scholarships, I understand many obstacles and stressors may arise during the application journey, one of the biggest obstacles being the problem of perfectionism. On September 1st, I attended a professional development workshop held by UND called “Transitions: Undergraduate to Graduate; Perfectionism and Imposter Syndrome”. The workshop explained why students may feel inadequate despite evident success and how the “perfectionist” trait may play a role.

There is a fine line between striving to reach high standards and becoming an unhealthy perfectionist. While listening to the presenter I realized that I struggle with perfectionism not only in school, but when applying for scholarships as well. Many scholarships have hundreds, if not thousands, of applicants so the want to create a perfect application is commonality among the applicant community. In the end, perseverance wins you scholarships, not trying to achieve the perfect application. A perfectionist may become overwhelmed when faced with defeat, however, those with perseverance continue to apply without regard to previous failure. In order to help other students who may also face perfectionism when applying for scholarships, I have created a list of 5 tips to help validate and defy this trait:



**START
APPLICATIONS
EARLY**



**TAKE SOME TIME
FOR YOURSELF**



**REFOCUS YOUR
NEGATIVE THOUGHTS**



**KNOW YOUR
STRENGTHS AND
WEAKNESSES**



ENJOY THE PROCESS

NATIONAL AND INTERNATIONAL SCHOLARSHIP DUE DATES

DECEMBER:

DoD Smart: 12. 1. 20

Boren Awards: 12. 4. 20 (Campus Deadline)

JANUARY:

James C. Gather Junior Fellows Program 1. 15. 21

Hertog Foundation TBA

Humanity in Action TBA

Killam Fellowships Program Open Competition 1. 31. 21

FEBRUARY:

NOAA Hollings: 2. 1. 21

Truman: 2. 2. 21 (Contact Prof. Mark Jendrysik)

Udall: 2. 5. 21

Fulbright UK Summer Institutes: 3. 15. 21

MARCH:

Fulbright US-UK Summer Institutes 3. 15. 21

Gilman TBA (For study abroad May 2021 - April 2022 which includes Summer 2021, Fall 2021, and 2021-2022 Academic Year.) Contact

Nicole Rothenberger at UND.NSPA@UND.EDU



1 Learning from Failure: Everyone will fail. In fact, while it is awesome to succeed and highly recommended, we can often learn far more from when we fail than when we win.

2 People have done it Before: The process for applying is always overwhelming and fortunately, there are reams of advice for how to manage this. However, one crucial point is that people have done it before. There are already established paths, so take them.

3 Cast a Wide Net: Go outside of your comfort zone. If the angle you are working on isn't panning out, always be aware that there is always another angle, another perspective. When it comes to applying, don't limit yourself to one or two options.



CKS OF THE TRADE



4 Don't Try to Open Closed

Doors: Some doors are closed and that's okay. We just need to learn to recognize when they are closed and allocate our resources to other efforts.

5 Properly Estimate

Yourself: The advice always is to not underestimate yourself, but it's also true to not overestimate yourself. Be honest and figure out what you can and cannot do.

Be Grateful: Nuff said.

CLOSING BUSINESS

While last semester was just plain crazy, this semester managed to actually top that. Whether it be figuring out what days you're actually supposed to show up to class (or not depending on your fear factor) or trying to figure what places ARE'NT closed (a shorter list I assure you). And that's not even talking about how we're supposed to do things like fellowships, internships, and study abroad. But hey, we made it. With a few nicks, bruises, and coughs, yes, but we made it. And you know what, we'll make it next semester too. So see you next semester! Over Zoom of course.



<https://und.edu/academics/national-scholarships/national-scholarship-advising-network.html>

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