The Academic Success Center (ASC) is proud to present this inaugural issue of Glimpse, a collection of students’ stories and voices as narratives of success and the many forms and paths success can take.

The ASC believes in the varied definitions that “success” can hold, believes that it’s unique to the individual, believes in the power of story to inspire, comfort, and encourage. We hope you can see yourself here, if not in these exact stories, then in the fact of your own success, your own triumphs. No success is too small to matter, and rarely is success an end-point; in these pages we see it illustrated beautifully as a place to land and push off from again, towards your next achievement.

Glimpse wouldn’t be possible without students - those whose stories we see in these pages, those whose stories we’ll hear next, those who see these stories and through them recognize their own accomplishments. This issue’s entries were written by the students themselves or by staff of the ASC, including Anika Lautenbach, Clare Creighton, Marjorie Coffey, and Sarah Norek. Our sincere thanks to all who’ve contributed time and effort and thought towards this project. And our thanks to Diana Robbins for gracing our cover with her gorgeous painting.

We are actively seeking student stories for our Spring 2017 issue - see the back page for details. You can find these inaugural stories - and more! - on our website at success.oregonstate.edu/Glimpse, and you can contact us there, too. Let us know what you think. We can’t wait to hear from you.

---

**My family**

If I’m ever feeling challenged or just having a bad day or anything, I always talk to my mom or sister. My mom always makes me feel so much better... Regardless of what it is that I do, she’s always there. My parents migrated here from Mexico when they were young, so that all of us could have a better future. I feel like I’m the product of their hard work. Whenever things get really hard for me, I just think of my parents and how much they’ve worked to provide a life for me. I think if they can work that hard, I can too. Ultimately I want to finish my degrees and be the first one in my family to graduate college, because I know that’s what my parents want me to do more than anything. They sacrificed so much to give me this opportunity and I want to show them that it wasn’t for nothing.

- Adriana Sanchez

---

**“When I am feeling most challenged and stressed out in school, I think about my future goals. I think about graduating, attending my dream graduate school and getting accepted into a doctorate program and becoming a licensed clinical psychologist. When I feel bogged down by the weight of midterms, essays and overall life stress, I think about how necessary it is for me to do well. I think of all the women I could be helping and supporting, and with that in mind, I feel motivated to maintain my academic stamina and do well in school. I will do anything to help other women like myself be success stories as well.”**

- Alexa Methratta

---

**“My mentor has a big role in [my motivation]. Her name is Dr. Devon Quick. She’s awesome. The beginning of my sophomore year, I had to take just her lecture for my nutrition minor. I was still struggling with trying to figure out if I had a learning disability or if I didn’t have the best study skills, but what I did know was I’ve always loved the human body, and anatomy and physiology, so I just kept trying. I would go see her in office hours, every time she had an office hour...She noticed that I was working so hard but I wasn’t producing the outcome, so she started meeting with me one-on-one and taking the extra time to adjust to my learning style. And then I just kind of got to know her. She offered me to be her assistant during the summer and ever since I’ve just been super close with her and I still work for her even as a psychology major...But I think that mentorship...that strength and knowing that someone cares and wants to look out for you and check in on you is huge, especially when the relationship is mutual and we can teach our mentors something too! I think more staff and faculty should spend more time trying to reach out to students to be that mentor and have that relationship because it really helps, especially during the college experience.”**

- Rae Gerber
Ryan Bailey-Crandell says he doesn’t have a “natural inclination” for physics. He’s a physics major though, and he conducts physics research. And he feels he can go as far as he wants in the field of physics. This brings up the question, why? Here’s a possible answer: “I think what’s a natural in the field develop the confidence to go as far as they want. For Ryan, the keys to his success have been great mentorship and learning not just what to think, but how to think.

Ryan’s trajectory in science and lab work has been shaped in large part by Dr. Ethan Minot and the Paradigms of Physics program for juniors and seniors. This program is unique in that it teaches students how to think about physics, instead of merely teaching them about the various subfields (“Paradigms”). Participating in Paradigms of Physics, Ryan was surprised by the amount of support and mentorship he received. He says he’s “incredibly thankful” for the help he received with research grants, and that “little affirmations mean so much” and that we should “let people know you are inspired by them—it’s a huge deal.”

Little affirmations mean so much ... let people know you are inspired by them—it’s a huge deal.

When asked to think about what she’s most proud of, Kathryn Cowsert has many forms of activism. Loretta cares about the environment, animal rights and survivor advocacy, among other issues. She says she is “in awe” that I have morphed my life.” Her determination has gotten here some much deserved opportunities, such as being selected to help writing a book and doing literature reviews for Professor Steel and Dr. Wolters in the School of Public Policy.

When asked if there's anything else she would like to share with the community, Loretta said that she has learned about different experiences to help others. “There are Mealbux for low-income students [that are] given out year-round (15 dollars per student and is good for one year) to help afford food, as well as a pantry on campus. Go to the office of student life in the first week of fall to get information on how to be embraced to do what you need to get through the school.”

It took longer than she ever intended, but Loretta is finally where she wants to be. She says she has more confidence now that she can give herself the credit that she deserves. “Just walking on our beautiful campus sometimes is a validation of my hard work and I get emotional in a good way I made it.”

Loretta Gunder is a Sophomore majoring in Political Science

Ryan Bailey-Crandell
Ryan Bailey-Crandell says he doesn’t have a “natural inclination” for physics. He’s a physics major though, and he conducts physics research. And he feels he can go as far as he wants in the field of physics. This brings up the question, why? Here’s a possible answer: “I think what’s a natural in the field develop the confidence to go as far as they want. For Ryan, the keys to his success have been great mentorship and learning not just what to think, but how to think.

Ryan’s trajectory in science and lab work has been shaped in large part by Dr. Ethan Minot and the Paradigms of Physics program for juniors and seniors. This program is unique in that it teaches students how to think about physics, instead of merely teaching them about the various subfields (“Paradigms”). Participating in Paradigms of Physics, Ryan was surprised by the amount of support and mentorship he received. He says he’s “incredibly thankful” for the help he received with research grants, and that “little affirmations mean so much” and that we should “let people know you are inspired by them—it’s a huge deal.”

Little affirmations mean so much ... let people know you are inspired by them—it’s a huge deal.

When asked to think about what she’s most proud of, Kathryn Cowsert has many forms of activism. Loretta cares about the environment, animal rights and survivor advocacy, among other issues. She says she is “in awe” that I have morphed my life.” Her determination has gotten here some much deserved opportunities, such as being selected to help writing a book and doing literature reviews for Professor Steel and Dr. Wolters in the School of Public Policy.

When asked if there's anything else she would like to share with the community, Loretta said that she has learned about different experiences to help others. “There are Mealbux for low-income students [that are] given out year-round (15 dollars per student and is good for one year) to help afford food, as well as a pantry on campus. Go to the office of student life in the first week of fall to get information on how to be embraced to do what you need to get through the school.”

It took longer than she ever intended, but Loretta is finally where she wants to be. She says she has more confidence now that she can give herself the credit that she deserves. “Just walking on our beautiful campus sometimes is a validation of my hard work and I get emotional in a good way I made it.”

Loretta Gunder is a Sophomore majoring in Political Science

Ryan Bailey-Crandell
Ryan Bailey-Crandell says he doesn’t have a “natural inclination” for physics. He’s a physics major though, and he conducts physics research. And he feels he can go as far as he wants in the field of physics. This brings up the question, why? Here’s a possible answer: “I think what’s a natural in the field develop the confidence to go as far as they want. For Ryan, the keys to his success have been great mentorship and learning not just what to think, but how to think.

Ryan’s trajectory in science and lab work has been shaped in large part by Dr. Ethan Minot and the Paradigms of Physics program for juniors and seniors. This program is unique in that it teaches students how to think about physics, instead of merely teaching them about the various subfields (“Paradigms”). Participating in Paradigms of Physics, Ryan was surprised by the amount of support and mentorship he received. He says he’s “incredibly thankful” for the help he received with research grants, and that “little affirmations mean so much” and that we should “let people know you are inspired by them—it’s a huge deal.”

Little affirmations mean so much ... let people know you are inspired by them—it’s a huge deal.

When asked to think about what she’s most proud of, Kathryn Cowsert has many forms of activism. Loretta cares about the environment, animal rights and survivor advocacy, among other issues. She says she is “in awe” that I have morphed my life.” Her determination has gotten here some much deserved opportunities, such as being selected to help writing a book and doing literature reviews for Professor Steel and Dr. Wolters in the School of Public Policy.

When asked if there's anything else she would like to share with the community, Loretta said that she has learned about different experiences to help others. “There are Mealbux for low-income students [that are] given out year-round (15 dollars per student and is good for one year) to help afford food, as well as a pantry on campus. Go to the office of student life in the first week of fall to get information on how to be embraced to do what you need to get through the school.”

It took longer than she ever intended, but Loretta is finally where she wants to be. She says she has more confidence now that she can give herself the credit that she deserves. “Just walking on our beautiful campus sometimes is a validation of my hard work and I get emotional in a good way I made it.”

Loretta Gunder is a Sophomore majoring in Political Science

Ryan Bailey-Crandell
Ryan Bailey-Crandell says he doesn’t have a “natural inclination” for physics. He’s a physics major though, and he conducts physics research. And he feels he can go as far as he wants in the field of physics. This brings up the question, why? Here’s a possible answer: “I think what’s a natural in the field develop the confidence to go as far as they want. For Ryan, the keys to his success have been great mentorship and learning not just what to think, but how to think.

Ryan’s trajectory in science and lab work has been shaped in large part by Dr. Ethan Minot and the Paradigms of Physics program for juniors and seniors. This program is unique in that it teaches students how to think about physics, instead of merely teaching them about the various subfields (“Paradigms”). Participating in Paradigms of Physics, Ryan was surprised by the amount of support and mentorship he received. He says he’s “incredibly thankful” for the help he received with research grants, and that “little affirmations mean so much” and that we should “let people know you are inspired by them—it’s a huge deal.”

Little affirmations mean so much ... let people know you are inspired by them—it’s a huge deal.

When asked to think about what she’s most proud of, Kathryn Cowsert has many forms of activism. Loretta cares about the environment, animal rights and survivor advocacy, among other issues. She says she is “in awe” that I have morphed my life.” Her determination has gotten here some much deserved opportunities, such as being selected to help writing a book and doing literature reviews for Professor Steel and Dr. Wolters in the School of Public Policy.

When asked if there's anything else she would like to share with the community, Loretta said that she has learned about different experiences to help others. “There are Mealbux for low-income students [that are] given out year-round (15 dollars per student and is good for one year) to help afford food, as well as a pantry on campus. Go to the office of student life in the first week of fall to get information on how to be embraced to do what you need to get through the school.”

It took longer than she ever intended, but Loretta is finally where she wants to be. She says she has more confidence now that she can give herself the credit that she deserves. “Just walking on our beautiful campus sometimes is a validation of my hard work and I get emotional in a good way I made it.”

Loretta Gunder is a Sophomore majoring in Political Science
Preserving a Legacy

“I feel really good that I’m able to tell a story. I am the first one.”

Once upon a time, Amanda Santos was a child living in Saipan, an eleven-mile stretch of sand in the Marianas Island chain, just east of the Philippines. Her father was a fisherman and through him Amanda learned that the fish population was dwindling, a result from, among other things,trash in the ocean and the ignorance of those around her. The frustration she felt would send her on a quest to become a Fisheries Biologist. “… eventually my goal is to go back home and work for the island. That’s why I choose to go to a really good school, because I wanted to go somewhere to help me learn conservation efforts.”

Amanda is the first in her family to attend a University and one of the few to leave home. In Saipan, many people not only stay close to home, they stay in the same home. “Growing up my parents lived with my grandparents for a while and then they eventually moved out when they had my sister… so three kids later!” Amanda’s dream of returning home is very much a part of who she is and how she moves through the world. “I’m a Pacific Islander and I was born and raised in the Pacific Islands. It’s experience when you grow up, you stay home and take care of your family.”

In the United States, it’s common for college students to leave home and only see their family during the holidays, if that. This baffles Amanda. “They don’t understand. Family is so important!” Although Amanda’s parents encouraged her to go to college, being away from home is something she continues to struggle with. Amanda calls her parents every day, even though it’s a 17-hour time difference. When it’s 7PM in Saipan, it’s 2AM here and Amanda is helping her younger brother with his homework.

Amanda returned home this summer after two years of being away. Even in her absence she managed to have an impact on the community of Saipan. “…I’m not trying to brag—but I’m usually on the Honor’s List and somehow it gets printed in my local newspaper. I feel like people are really impressed… maybe… stop my parents and say, Congratulations on your daughter!”

Amanda finds the courage to keep excelling even when things get hard. And sometimes things get really hard. “The biggest challenge was last summer. We had a really big typhoon and a lot of people lost their homes.” Even though she wanted desperately to be with her family, the couldn’t abandon her commitment she had made to her internship. Her parents raised her to follow through and do her best. When asked about success, Amanda didn’t hesitate with her response, “Success is a three-step process for me. First, you create a goal or an idea…then you try to go for the goal, even if it’s just an attempt. The third step is just acknowledge it. Acknowledgment that you did something, no matter how small.”

Words of Wisdom

“If you’re not pushing yourself to be towards the top of the pack, then you’re not pushing yourself enough. There is always a way to achieve your goals—you may have to work hard but there is a Way.”

— Amanda Kraynick

Success is a 3-step process: First you create a goal... then you try... the third step is just acknowledge... Acknowledgment that you did something, no matter how small.

Eric Vela

Eric Vela is a Junior majoring in Mechanical Engineering can tell you about the Ebola virus, or the Sin Nombre Virus (Hantavirus), and the implications of plane travel on international outbreaks (it’s not pretty)

first fell in love with a science class his sophomore year in college initially struggled in college until he figured out he had to learn how to balance having a good time with putting his nose in a book

asked a professor he admired in undergrad to be his mentor and her advice helped him get on the right track — to PhD-dom and beyond

fell in love with Portland, Oregon while visiting in 2009

said “yeah, sign me up” to a spontaneous job opportunity working on vaccines in Portland, Oregon

moved to Portland, Oregon in 2014

now has a farm with four horses and forty goats – FORTY! GOATS!

didn’t have the best grades, but had drive to achieve his goals and that opened doors for him

believes the more he’s educated, the more doors will open later

associates success with happiness and satisfaction — as long as he’s happy with what he’s done or is doing, he’s succeeding

---

Eric Vela is a Graduate Student earning a Master of Business Administration (MBA)
“...I saw a dude climbing a tree. I was like, you know what, I kind of want to do that.”

This was the moment Hunter Goguen decided to double major in Civil Engineering and Forest Engineering. But before Hunter could climb a tree, he would need to climb a mountain:

“I didn’t have a lot of support for education as a high school [student]...I just had a really unproductive lifestyle. I got involved with a different, wrong crowd at a young age… I just didn’t care about school.” Though he struggled with his classes, Hunter always made time for wrestling. It was here that he met the McPhersons, who saw potential in Hunter even when he didn’t see it in himself: “Through their support, Hunter found himself on a different path. He started to take AP classes.” During this time of positive transition, Hunter would have to face one more setback. “The next summer I worked on Oregon State University for the second time with [a] connection and how the theme of that organization is "rags to riches." For Hunter, the idea of coming from very little and finding so much value in himself and those around him—that is success. His time at OSU will come to an end soon, as one of many cliffs. He’s ready to enjoy the view. Hunter Goguen is a Senior double-majoring in Civil and Forest Engineering.