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Honors Capstone Portfolios

Honors Program at Minnesota State University,  
Mankato

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2019

## Linh Hoang Honors Portfolio

Linh Nguyen Lynn Hoang  
*Minnesota State University, Mankato*

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# Linh Hoang

Minnesota State University Mankato

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## Hello!

### A Bit About Me:

Hi! My name is Linh Hoang and I am currently a third year at Minnesota State University Mankato. I am currently pursuing a degree in Psychology with a minor in Communication Studies and Ethnic Studies. I am planning to graduate in Spring 2019. Thank you for taking time to look at my eFolio!

### Personal Mission Statement:

*As a student at Minnesota State Mankato, I will use the skills which I have fostered here to spread kindness and to fight alongside voices which have been silenced.*



#### Leadership

"Upon graduation, honors students will have demonstrated the ability to utilize personal leadership values and guide groups toward a common goal."

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#### Research

"Upon graduation, honors students will have demonstrated the ability to exhibit information literacy skills, synthesize and integrate ideas, produce original research or creative works, and contribute to knowledge."

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#### Global Citizenship

"Upon graduation, honors students will have demonstrated the ability to exhibit second language and communication competencies and exhibit cultural competency and awareness."

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## About Me

### Hi there!

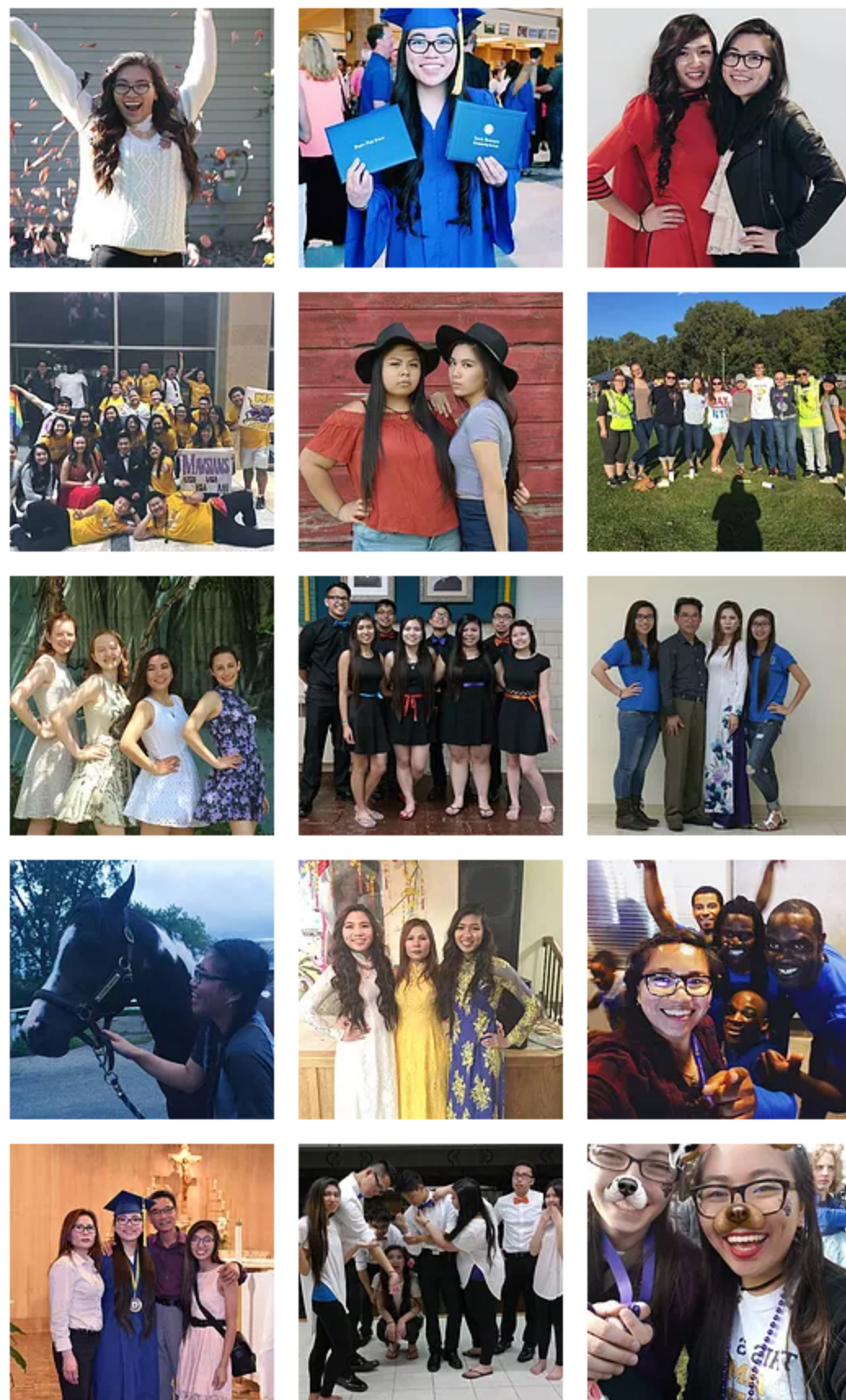
So here's a bit (more) about me!

I grew up in Otsego, Minnesota and am the oldest of two. I graduated from Rogers High School on June 6th, 2016. During my last two years of high school, I was in PSEO. At the end of my experience, I graduated with an Associate's degree from North Hennepin Community College (NHCC) along with my high school degree.

It's currently my final year here at MNSU, where I'm majoring in Psychology. I love learning about human relationships and how people work with each other, which attracted me to the Psychology major. My future goal is to eventually enter a clinical or counseling psychology graduate program.

During my free time, I love to craft (some more successful than others), read sappy teen romances, and spend a ridiculous amount of time on Netflix.

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## Minnesota State University Mankato Honors Program

### Mission:

*"to create future leaders, researchers and global citizens by providing high ability and motivated students with exceptional learning opportunities, mentoring relationships, and a community of scholars that foster their development as future leaders in a global society."*

### Competencies:

#### **Leadership**

"Upon graduation, honors students will have demonstrated the ability to utilize personal leadership values and guide groups toward a common goal."

#### **Research**

"Upon graduation, honors students will have demonstrated the ability to exhibit information literacy skills, synthesize and integrate ideas, produce original research or creative works, and contribute to knowledge."

#### **Global Citizenship**

"Upon graduation, honors students will have demonstrated the ability to exhibit second language and communication competencies and exhibit cultural competency and awareness."



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## Leadership Competency



[Leadership Essay](#)

[Research Team](#)

[Community Council](#)

[Leadership Through Social Change](#)

[Student Experiences Coordinator](#)

Growing up, leadership was an area that I lacked confidence in. There was always a specific version of leadership that was shown to me: bold, extroverted, and full of energy. For someone who is very shy, this was the opposite of how I saw myself. Thus, I usually gravitated towards the supporting roles. It was when I had joined Honors and had taken the Introduction to Honors course that I found myself truly understanding what a leader meant. Specifically, my [Leadership Essay](#), which I wrote in the course, highlights how I came to reflect on my own personal leadership values. The essay also goes further in depth on how I saw my own leadership in different contexts and how I saw the effectiveness of my own personal strengths in other leaders. This was further explored when I took the [Leadership Through Social Change](#) course, as it allowed me to see my leadership in a real setting through joining Peer Educators Acting for Change and Equality (PEACE) and showed me how my values dictated my leadership as well.

By understanding my own leadership style, I was able to start applying it in the leadership roles I had taken on and improve my leadership as well. When I had gotten the role of the [Student Experiences Coordinator](#), I was able to see how my leadership style had played on a large scale, and just how my own personal leadership style worked out in teams. In the [Leadership Essay](#), I noted that one of my strengths is Restorative. I am someone who turns to more experienced leaders for advice, and the same applied when I was in my job as well. I tended to turn to other people to brainstorm and believed strongly on feedback. I always want to make sure that the work I am putting out is beneficial to people. When I was the [Student Experiences Coordinator](#), this strength shined through.

Even so, I realized that there were flaws to my leadership as well and that each leadership style comes with strengths and weaknesses. When looking back at my experience as a [Student Experiences Coordinator](#), I realize that there are situations in which it just is not beneficial to wait for feedback. Many possible events ended up not happening because of me trying to wait for feedback. While listening is important, there are situations in which I must be firm in my decision and move forward with it. By recognizing that as a weakness, I now am actively working on it as I move forward in other leadership roles. [Dr. Jeffery Brown's Research Team](#) showed me that there were strengths in each leadership style, even if they were different, as shown with observing the change in the primary graduate assistant for the study.

These experiences have also taught me how to be a better team member. During my first year, I was the [Co-Event Coordinator](#) for our floor. It was one of my first experiences at MNSU working on a team. The position showed me how much you must adapt and be accountable to accomplish the goals you need. In [Dr. Jeffery Brown's Research Team](#), with the different leadership I experienced in the two years, it also showed me how my role as a team member would change, and thus how to be an effective team member would change as well. When working as the [Student Experiences Coordinator](#), I took the skills I gained from being a team member and combined that with my leadership. There were many instances in which I would collaborate with other people while being in this position, like the Spring Convocation for example.

Each of my experiences over my time here at Mankato helped shape my leadership. Many times, the lessons which I would learn from one experience helped build on my leadership as I continued through all my experiences. As I move through my professional career, I will constantly be confronted with situations that require being on a team or stepping up as a leader, and the experiences I gained during my time here have given me the confidence in my abilities to perform effectively in any of the roles that I take on.

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## Research Competency

[Future of Psychology](#)[Social Psychology Relevancy Paper](#)[Infidelity Project](#)[Dr. Brown's Research Team](#)

Research is an important skill to have, and within the field of Psychology, it is a skill that is constantly utilized. In such, research is a skill that must be built upon and strengthened. One of the first skills to perform research effectively is to understand what the information presented is trying to say. In my [Future of Psychology](#) paper, I specifically examine the relationship of the supposed feminization in the current psychology field and the implications this currently has and may have in the future as the field advances. To build upon my thesis, I had to be able to understand the information presented in my different resources and make sure the information I was taking was ethical and representative of what the original author said or intended. That also meant that I had to make sure to credit the author, when applicable to separate where I was taking information from a source and when it was my own personal idea. With psychology, most of the research is written academically, which is very hard to understand when you first read them. It was a huge shock for me at first, since it was very different from all the previous sources that I had used. By having to use academic sources, I was able to practice and continually work to improve my information literacy skills.

It is important to understand the material presented, but to advance a claim or argument, you must be able to take the information presented and synthesize it as well. In my [Social Psychology Relevancy paper](#), I argued the importance of teaching mindfulness in schools, and specifically in adolescents. In this paper, there is a clear thesis I am trying to assert. Working on this project gave me the ability not only to understand and organize the information about the different studies but also to take that information and apply it to my hypothesis.

The skills I gained from my previous experiences were beneficial when I conducted my own personal research project called [Different Sexes and Perceived Severity of Emotional and Sexual Infidelity](#). This project one of the first original experiments I conducted. The experiment examined how different sexes perceived the severity of emotional and sexual infidelity, but also how a person would perceive infidelity if they were the ones committing the act or if they had caught their partner in the act instead. This was the first time I was completely forming an experiment that was being built solely upon a research topic that was chosen by me. To build my research question, I had looked upon previous scientific studies that surrounded the subject of infidelity. This was also an experiment where I could make causal claims, as most of my previous independent research was more correlational in nature. This project taught me the different things a person should consider when conducting a research experiment, like what type of experiment to conduct and how to take the information I had gained from my literature review and apply that to my research project. Doing my own research also taught me to reflect on it afterward. Using the research skills I had been building, I was able to see the different flaws of the study so I would be able to improve the experiment if I were ever to conduct it again in the future.

Taking the skills that I had developed in my previous research, I put them to the test when I worked in [Dr. Brown's Research Team](#). On his team, I worked as an undergraduate assistant alongside a graduate assistant. Specifically, I am part of the *Ready to Learn* project, which examines a program of the same name at the YWCA that serves to help children of immigrant or refugee families be prepared when entering kindergarten. We worked as analytical support for the program, as they had suffered from the inconsistency of their scores and thus, lacked validity within their project. Being on the team allowed me to strengthen my skills in research, as I had worked to collect academic research articles to support our research during my first year on the project. This helped me improve on my literacy skills, which was beneficial when I had done research in my classes, like with my [Future of Psychology](#) paper. While I was on the project, I was also given the opportunity to present my research at the National Conference of Undergraduate Research (NCUR) and at the Undergraduate Research Symposium (URS). The process showed me all the intricacies it takes to present research, whether that be from just submitting the abstract, creating the poster, and presenting the poster at the conference. When you are presenting research, you must be able to convey the information to a wide audience. It was the cumulation of all the research skills that I had been working on throughout my college career.

Each of the experiences helped me build upon my research skills and further refine them. The ability to critically look at the material to strengthen and express your ideas is a skill that is beneficial, whether that be in my own personal life and in my professional career. In a climate in which the loudest voices may not be speaking the truth, it is important to have strong research skills to determine validity, but also to assert your ideas as well.

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## Global Citizenship Competency



- [Language Partners](#)
- [MIA Trip](#)
- [Study Abroad](#)
- [Growing up Vietnamese-American](#)

The world is a diverse place, and it is important to have the ability to become aware of your own cultural differences and the different cultures around you. There will be people that you encounter who have experiences that are vastly different from your own. That does not necessarily mean that it is bad but just different. Thus, it is increasingly important to not only be aware of your own culture, but also the cultures around you. If not, it is easy to fall down the slippery slope of personal biases and allow those to control your interactions with different people.

I started to seek out experiences that would expose me to different cultures. Through the [Language Partners](#) program, I was able to interact with two international students in a casual setting. This helped me compare and contrast our different cultures through our meetings every week, as I had little to no exposure to their cultures prior to our meeting. I learned different things about their culture, like what school was like for Gradi, who is one of my partners, back in his home country. Our weekly activities were centered around discussions regarding our cultures, and they allowed me to ask questions about their culture and recognize any biases I had. Along with that, it gave them a chance to ask questions about American culture, which helped me become aware of the different cultural rules I followed without even thinking about. These interactions taught me and helped me become more aware of my own personal cultural rules and how those played into my experiences.

I also attended the [I am Somali](#) exhibit, which exposed me to a completely new culture with which had no experience. We went to a panel where the different artists of the exhibit spoke about their pieces, but also about their Somali identity. Even though they are one of the largest minority populations in Minnesota, I was unfamiliar with the nuances of their culture, which was something that never even crossed my mind until I was at the panel. For example, I never realized art is such a taboo thing in Somali culture and is something that is not encouraged. The panel reminded me that I should continually go out and try to learn more about different cultures. Each culture has its own complexities that I would not be aware of without seeking out opportunities to learn more about other cultures and asking deeper questions.

[Studying abroad](#) allowed me to further seek out knowledge and understanding of different cultures. By living in a new country for four months, it allowed me to experience a completely new culture where I was the "other." I was faced with my own personal biases regarding the UK. The UK was something that I was exposed to through media but being in the country for an extended period time reminded me that there are many complexities to the culture, many which broke a lot of my prior ideas about what life in the UK would be like. My study abroad trip also allowed to learn about Malaysian and Chinese cultures as well thanks to my flatmates. This experience took the skills I had developed from being a [Language partner](#) and deepened them. Instead of meeting once a week, I interacted with my flatmates every day. My flatmates and I built a friendship during my time there, and this allowed us to be comfortable with each other and ask questions about our different cultures. Alongside that, when you live with each other, you start to notice how you do things a certain way or view things differently from one another. Having the space to ask questions allowed me to learn about those differences instead of being judgmental. These experiences showed me how little I still know and that I must continue to be open minded.

Being exposed to different cultures helped me stop and reflect on how my own personal identity has played a role in my life. In an essay where I talked about [growing up Vietnamese-American](#), I discussed the duality of my identity and the balance I experienced growing up within the two cultures. In my household, I was taught Vietnamese at a young age, and the ability to speak my parent's primary language exposed me to the Vietnamese community and helped me understand more about that side of my culture. My exploration of my Vietnamese identity was also enhanced when I [studied abroad](#) through my participation in Vietnamese society. I was surrounded by people who were like me in the fact that we were all Vietnamese, yet at the same time, we were also so vastly different from each other. The experience taught me more about how much my second language ties me to culture, but also how much language plays a role in culture. It made me more aware of my dual identity as well.

Each of my experiences helped me gain an understanding not only of my own culture but of the different cultures around me. The world is huge, and with that comes an endless amount of different cultures. The ability to be open-minded to different cultures and seek meaningful experiences is an important skill to have, not only in a professional sense but also in a personal sense. As I enter my professional career, I will be exposed to many people who carry vastly different experiences from mine. The global citizenship skills I've developed during my time in this program makes me confident that I will not enter those interactions with ignorance, but rather with open-mindedness.

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