

# 2019-2020

## Panama

McMaster Fellow

Alesia Yakos-Brown, Associate Professor and Field Director of Social Work Program

McMaster Associate Fellow

Megan Warren, head Women's Softball Coach, Defiance College

McMaster Scholars

Madison Baker, Junior, Middle Childhood Education — Placing an emphasis on the importance of early literacy skills for children in Panama. This project will teach parents how to use text on common items to teach literacy skills since books are generally unavailable in homes.

Madison Bowman, Senior, Exercise Science – In this project Madison will be working with school-aged children to develop various life skills, such as team building, emergency response skills, and strength and conditioning.

Briawna Francis, Sophomore, Exercise Science – This project will provide nutrition education to elementary students and high school students. The goal of this project is to promote healthy habits that will develop into healthy lifestyles that they can share with others.

Michaela Gilliam, Sophomore, Social Work and Psychology – This project will teach the importance of self-esteem and self-love to children in Panama to improve their well-being. There will be activities focused on self-reflection and positivity that will help promote and grow an understanding of these concepts.

Samantha Hass, Sophomore, Psychology and Social Work – The goal of this project is to teach and practice study-skills, time management, goal setting, organization, and note taking for high school students to be more successful.

Rachel Lowell, Junior, Exercise Science: Pre-Professional Track, Minor in Psychology: This project will build off of prior research on the prevalence of heart disease. The focus will be on using athletics and sport programming to promote increased physical activity. Stress and mental health as factors of heart disease will also be reviewed and discussed.

**Bennett Pack, Junior, Communications – This project will assist in the development of communication skills that are aligned with modern-day communication. Teachers and students will be shown how to best use the technology that is readily available to them to communicate effectively with one another.**

**Natalee Shingler, Sophomore, Restoration Energy – This project will assess water quality in Coclé Province in Panama. The purpose of this testing is to ensure that the water is safe for the people of Coclé Province to drink and use. The test results will also help to determine what filtration system, if any, would be best for the water.**