

# Panama 2020-2021

## 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

Lauren Criblez, Sophomore, Molecular Biology – The goal of this project is to educate our community partners in Panama on the benefits of pets, basic first aid for animals, and the precautions to take when encountering a wild, injured, or diseased animal.

Briawna Francis, Junior, 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.

Samantha Hass, Junior, Psychology and Social Work – The goal of this project is to teach and practice study-skills with fifth-grade students in the Mañanitas, San Miguelita, and El Congo to improve the potential of students' ability to complete their education.

Grant Johnson, Sophomore, Molecular Biology/ Pre-Medicine – This project will focus on educating students about skin cancer, how to identify signs of skin cancer, and how to take preventive measures against skin cancer. This project will raise awareness of skin cancer and increase knowledge about UV protection.

Rachel Lowell, Senior, Exercise Science: Pre-Professional Track, Minor in Psychology: The focus of this project will be on using complementary and alternative medicine to address both physical and mental aspects of health. Yoga will be utilized to introduce means of physical activity, reducing stress, and increasing mindfulness.

Lucas Nye, Senior, Business Administration and Accounting – This project will focus on working with community liaisons to introduce and teach QuickBooks to business managers, to create more transparent financial and accounting records within these businesses.

Lucas Panella, Sophomore, Business Administration – The goal of this project is to discuss business plans, establish websites, and educate on marketing strategies with the Women's Sewing Circle in Mañanitas, Panama.

Brianna Snider, Sophomore, Exercise Science: Pre-Professional Track– This project will address the need for the first aid/cpr training in Panama, including the Heimlich maneuver, and educate people on the importance of nutrition as it relates to long-term bone and joint health.