

Congratulations to the winners of the inaugural
CSUSM LIBRARY AWARD
for Undergraduate Research,
Scholarship & Creative Activity

CREATIVE WORKS

“So long: A reflection on the reality and illusion of change”

Wesley Howlett, Literature and Writing
Dr. Robin Keehn, Faculty Advisor

Wesley Howlett’s poem “So long” explores the altered relationship between man and nature and showcases the vulnerability of the natural world. The references to the nearby Santa Rosa Plateau and Cleveland National Forest, contrasted with the adjacent towns of Murrieta and Temecula, elicit the author’s personal understanding of the importance of nature in the raw.

EMPIRICAL RESEARCH

“Greater enjoyment in two modes of High Intensity Interval Training (HIIT) compared to continuous exercise training (CEX) in persons with spinal cord injury (SCI)”

Jake Thum, Kinesiology
Dr. Todd Astorino, Faculty Advisor

Jake Thum’s study (conducted in Dr. Astorino’s Kinesiology Lab) examines the differences in enjoyment between High Intensity Interval Training (HIIT) and Continuous Exercise (CEX) in people with spinal cord injuries (SCI). His study aimed to fill a gap in the current research, which has focused so far on HIIT in able-bodied populations. The author found that persons with SCI can undertake HIIT, which can potentially be more enjoyable than CEX and can also help to improve the cardiorespiratory fitness and overall health status of participating individuals.

“The effects of social norms and self-affirmation on changes in sugar-sweetened beverage consumption”

Petrona Gregorio-Pascual, Carlos Rosas, Alyssa Martinez,
Stephanie Price, Redd Driver, & Cristal Lopez, Psychology
Dr. Heike I. M. Mahler, Faculty Advisor

This group working in Dr. Mahler’s lab designed and executed an experiment to examine the relative and combined efficacy of a personalized normative feedback intervention and a self-affirmation manipulation for motivating decreases in sugar-sweetened beverage consumption among young adults. Their novel study has the potential to make important scientific contributions to the health promotion literature.

**The completed projects and research essays can be viewed in
ScholarWorks on the CSUSM Library website.**