

# 17<sup>th</sup> Annual San Diego City College Student Project & Research Symposium

April 15th, 2021



Dear Students, Campus Colleagues and Community Friends:

It is my great pleasure to welcome students, faculty, staff and the community together to celebrate the San Diego City College Annual Student Project and Research Symposium. This “Celebration of Student Excellence” is a campus-wide event recognizing the outstanding achievements of our students and the dedication of our faculty to student success.

Each year the Symposium exceeds its success from the previous year in attendance and participation. This year, the Symposium is presented in Zoom with live YouTube Broadcast. For 2021, 40+ students representing more than 40+ academic majors, showcase their best work through 15 poster presentations, numerous oral presentations, radio/TV excerpts, PowerPoint presentations, spoken word, performances, demonstrations, and Fine Art displays.

I welcome you to explore and learn more about our College mission and values and understand why our campus community is so proud of our students. Although we come from different places, we join together here at City College focused on one goal: student success. Collaborating together, the City College Symposium melds the extraordinary efforts of faculty mentors and hard-working students to create a body of research work with endless possibilities for advanced studies across many disciplines.

On behalf of our entire college, I commend the Symposium Committee, volunteers and staff for the planning and collective efforts in bringing this signature event to life for the campus and community to enjoy.

Sincerely,

Ricky Shabazz, Ed.D.

President

San Diego City College

[rshabazz@sdccd.edu](mailto:rshabazz@sdccd.edu)

## Dear City College Community and Guests:

It is with great pride that we welcome you to the 17<sup>th</sup> Annual City College Student Project and Research Symposium. Today you will tap deeply into the spirit of City College, and it is going to be a great experience for you. As a visitor, you will see, hear and feel the blossoming talents of many of our finest students, who have proudly brought their creative work to our San Diego City College YouTube channel to share with you - *their college family and community friends*. You will marvel at the discipline, dedication and hard work that have been invested in their projects. And you will be inspired by the enthusiasm and inventiveness that permeates every display and performance.

This Symposium will highlight a multitude of research questions, showcase inquiry, critical analyses and scholarship. What does the symposium represent to us at City College?

- First and foremost, a vibrant campus community actively engaged in the pursuit of knowledge, the research process, creativity and excellence.
- The breadth of experiences and opportunities available to students - whether they're in physical or life sciences, mathematical pursuits or creative and performing arts.
- The inclusivity and diversity of our community.
- Our college commitment to student learning realized.
- Respect and support of our student achievements.
- A realization that there are no boundaries on what individual students can either learn or become at City College.
- That there are no limits! This Symposium is but a first step for students as they continue their quest for knowledge and future achievement.

Today you will become an important player on our stage, in some ways as important as the presenters themselves! As proud as they may be about their work, you see, until today it has largely been unexpressed, unseen, unappreciated by others. And students, like any other performers, need to play to an audience. Indeed, it's you – *their audience*, who gets to spark the real fun today, and ignite the joy of sharing, and fan the flame of pride and self-confidence. So please, everyone, jump right in and bring your excitement and enjoyment for all of us to share. Make it a point to pause often among the displays, introduce yourself to a proud but nervous presenter or performer, ask them about their work or future plans, and sprinkle a handful of compliments as you pass. Your applause will last them a lifetime!

We invite you to help judge the presentations. At the information table (in our Zoom room link) are judging rubrics and ballots. The overall award will be given by President Shabazz. The Science award by Dean Randy Barnes, and the Fine Arts award by Dean Jeanie Tyler. Special Achievement awards are given by the organizing committee. Your help, even as a guest, will validate the selection process.

We're so glad you're here - *enjoy the Symposium!*

### Symposium Organizing Committee:

Misael Camarena, Professor of Mathematics  
Erin Engstrom, Professor of Communication  
George Jessup, Professor of Mathematics  
Deanna Shelton, Professor of Communication

María-José Zeledón-Pérez, Professor of Communication  
Robert Sly, Professor of Communications  
Cesar Gumapas, Public Information Officer  
Kim La Rue | Graphic Artist | Photographer  
Patricia Fernandez, Supervisor Duplicating



## Symposium Hosts



San Diego City College was honored to be selected by the national Council on Undergraduate Research (CUR) to participate in its *Program on Institutionalizing Undergraduate Research* – a program sponsored by the National Science Foundation. Participation in the CUR program has enabled City College to build upon existing research activities – including this Symposium and broaden the institutional culture of research. One of only 64 schools selected nationally, City College was the only community college participating from the West Region.

With mentoring from CUR, a campus-based Undergraduate Research Collaborative (URC) was created to promote undergraduate research awareness and interest among students, faculty and administrators. At City College, undergraduate research is defined as an inquiry or an investigation conducted by a student in collaboration with a faculty mentor. Undergraduate research provides opportunity for the intellectual growth of students via exploration and application of existing knowledge that may also lead to an intellectual or creative contribution to the discipline. City College is poised to increase opportunities for engagement in regional and national discussions of trends in higher education and new research directions, including partnering with other institutions and pursuing external funding. The ultimate goal is to have City College be the community college model for undergraduate research.

Our thanks and appreciation to our faculty mentors for supporting students in the pursuit of excellence.

Anthropology	Arnie Schoenberg
Chicano Studies	Monica Hernandez
Communications	Erin Engstrom Deanna Shelton
Cosmetology	Sudabeth Phillips
English	Aileen Gum Patricia McGhee Jennifer Boots Christy Ball Nicole Vargas Kevin Gossett
Business	Nancy Fredericks Leroy Brady Tania Serhan
Biology	Heather Heinz
Chemistry	Robert Kojima
Fine Art	Terri Hughes-Oelrich Wayne Hulgin

Health & Exercise Science	Alan Rivera Ellen Turkel
Mathematics	Roberto Rubalcaba Misael Camarena George Jessup
Political Science	Nicholas Boushee
Price Scholarship/ Mental Health	Leslie Easton
Psychology	Kim Sweeney Penelope Mercer
Puente/ Counseling	Luis Perez
Radio/TV	Laura Castañeda Cy Kuckenbaker Bob Sly
Sociology	David Gauss Tim Gross Sarah Pitcher

**Disclaimer:** *The goal of the Symposium Organizing Committee is to celebrate student excellence and promote undergraduate research awareness and interest among students, faculty, staff and administrators. The student presentations are designed to benefit the academic, intellectual and cultural development of the City College community. The Symposium presentations do not necessarily reflect the views of City College, the San Diego Community College District or the campus community that supports the educational achievement of students.*



# The Co\$t & Benefits of a College Education

J. Soto, C. Rodriguez, K. Rojas, & A. Manuel

Mentor: Profe M. Camarena

**San Diego City College**

I'm Joseph Sotto me 20 year navy veteran.

zoom



JASMINE SHAW

psychology  
coms 103

*Letters to My Father* - Written by Jasmine Shaw

as a beautiful smile and smile dislikes of class every

zoom



# Our Poster Presenters

## 17<sup>th</sup> Annual Student Project and Research Symposium

Presidents Welcome 9am April 15, 2021

Live on SDCC Youtube channel

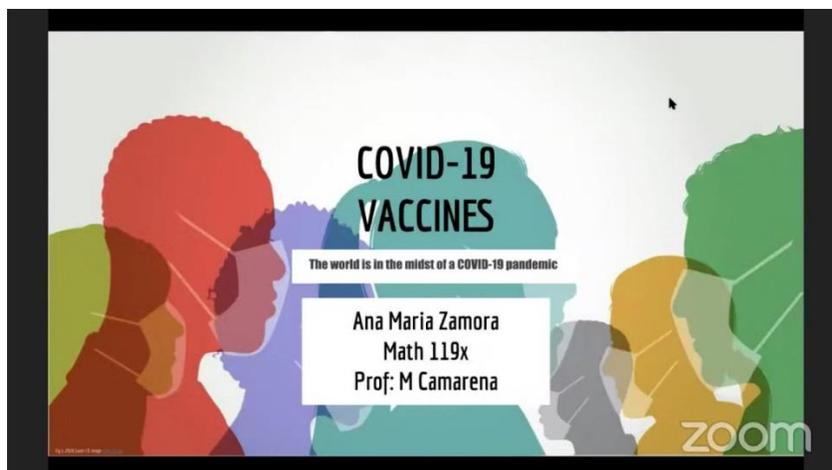
<https://www.youtube.com/sandiegocitycollege1914>

Posters 9:10 to 11:15; Communication Showcase 11:15 to 12:15; Spoken Word 12:30 to 1; Award Ceremony 1:15



Poster Project title:	Full Name (1)	Full Name (2)	Full Name (3)	Time
Sleep Depravation	Alicia Canales Esparza	Kiera Feighan-Patrizi		9:10

Prescription Drug Abuse in America in the Last Decade	Shaleece Green			9:20
You're a Lady and Joined the Military, Now What?	Darline Morales			9:27
Covid Vaccines: Pros and Cons	Ana Maria Zamora			9:34
Weather Predicting	Courtnei Demnianiuk	Darlenne Gomez Valencia	Brian Alvarez	9:45
Global Warming	Martha Gijon	Leon Ly	Alan Hernandez	9:55
Natural Remedies	Charmaine Burkhardt	Gesell Briones	Amanda Hamilton	10:05
Cost of A College Education	Joe Soto	Chrystal Rodriguez	Karely Rojas	10:15
Dance Experience Before COVID Hit	Noah Olaes Valecruz			10:25
<a href="#">Community Planning Initiative</a>	Tatiana Rose Butte			10:33
Rate of Dental Disease	Melissa Liwanag			10:40
Crossfit - Injury and Recovery	Larissa Leite Ramos Morton			10:47
Road to Hell <a href="#">Pre-recorded</a>	Mark Lowe			10:54





# Performances that I like that most:

-Two of the performances that I enjoyed were Midsummer Night's Dream and The Nutcracker.



To have the performances I enjoyed our midsummer night's

0:11:06 11:31 AM End of slide show

## Invest in Your Dental Health

- ▶ Practice good oral hygiene habits
- ▶ Proper Diet
- ▶ Be mindful of snacking on food or candy in bed
- ▶ Don't skip dental appointments
- ▶ Schedule regular dental appointments
- ▶ Don't ignore dental treatment

COMPLEX CARBS	VS	SIMPLE CARBS

15 / 15

They turned into sugars so just drink water in between

10 11 12 13 14 15

# COMMUNICATION SHOWCASE

## 2021 Student Project and Research Symposium

~ Thursday, April 15 ~ 11:15-12:15 ~ [www.youtube.com/sandiegocitycollege1914](http://www.youtube.com/sandiegocitycollege1914) ~



### DJRN/MULTIMEDIA JOURNALISM PRESENTATIONS:

#### **Gabriel Schneider, Editor-in-Chief**

Carlos Turner Cortez named new SDCCD Chancellor (Podcast)

DJRN 210 Reporting and Editing

*Mentor: Nicole Vargas*

#### **Jesus Lopez, Multimedia Journalist**

#CityCookingChallenge (IGTV)

DJRN 210 Reporting and Editing

*Mentor: Nicole Vargas*

### RTVF/CITY TIMES SOUND PRESENTATION:

#### **Assad Khalilzadeh, Program Director**

News Radio Midday, March 24 edition

RTVF 130 Radio Programming

*Mentor: Chris Acedo*

### RTVF/CTTV PRESENTATION:

#### **Susana Serrano, Executive Producer**

Newscene, March 26 edition

RTVF 145 Television News Production

*Mentor: Chris Acedo and Nicole Vargas*

### RTVF/DOCUMENTARY SHORT:

#### **Farhad Deylami Azodi**

Full Black Beard (5:40)

RTVF 112 Documentary Production

*Mentor: Cy Kuckenbaker*

### RTVF/ANIMATED SHORT FICTION:

#### **Sofia Hill**

Untitled (1:14)

RTVF 167 Motion Picture Production

*Mentor: Cy Kuckenbaker*

### COMS/SPEECH PRESENTATIONS:

#### **Michael Stewart**

Let's get one thing straight... (Narrative Speech)

COMS 104 Advanced Public Speaking

*Mentor: Erin Engstrom*

#### **Jennifer McDougal**

September is National Recovery Month (Action Speech)

COMS 160 Argumentation

*Mentor: Erin Engstrom*



**Max Schweitzer and Jasmine Shaw - Duo Interpretation**

**Cesar Barajas - Poetry**

**Paulina Morales and Alina Vargas - Duo Interpretation**

**Lazetta Smith - Poetry**

**Tamra Balardeta and Cyanne Knight - Duo Interpretation**

**Jasmine Shaw - Poetry**

**Fabio Paciucci - Short Story**

**Ana Ruiz – Poetry**



'September is National Recovery Month', Action Speech  
Speaker: Jennifer McDougal



M Action Speech

COMS 160  
Argumentation

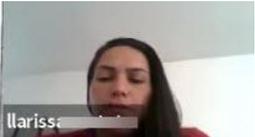


or to perform an action so hopefully



CROSSFIT STATS

Larissa Morton  
Mentor: Profe M Camarena  
San Diego City College



So my presentation. My name is Lisa, and my presentation



# 17<sup>th</sup> Annual Symposium Award Winners

**President Shabazz-President's Award (\$300):**

Jesus Lopez and the #CityCookingChallenge

**DJRN**

Jesus Lopez

**Multimedia journalism: #CityCookingChallenge destigmatizes hunger and food insecurity**  
**Link: <http://bit.ly/city-cooking>**

By Jesus Lopez  
City Times  
Multimedia Journalist  
DJRN 210

VIDEO: Tuna melt, bowl of carrot soup on menu after Hunger Action Day at City College

San Diego City Times @SDCityTimes · Feb 22  
City Times reporter, Jesus Lopez whipped up a tuna melt, bowl of carrot soup in this first #CityCookingChallenge after Hunger Action Day at City College.

VIDEO: Tuna melt, bowl of carrot soup on menu ...  
#CityCookingChallenge kicks off with City Times reporter Jesus Lopez putting together a make-at-home version of Panera's Pick 2

introduce yourself and your project, the morning or

## Poster Presentations:

**1st Place Dean Randy Barnes-Dean's Award (\$150):**

Alicia Canales Esparaza/Kiera Feighan-Patrizi-Sleep Deprivation

**What is Sleep Deprivation?**

- ❖ Sleep deprivation is a condition in which a person is not receiving adequate sleep to the point that it affects their overall health
- ❖ It can affect the immune system, cardiovascular system, hormone levels, the brain, memory, and many other reported complications

**Your Body On SLEEP DEPRIVATION**

- COGNITIVE FUNCTION**  
Sleep deprivation affects cognitive function, including attention, memory, and problem-solving.
- IMMUNE SYSTEM**  
Sleep deprivation weakens the immune system, making you more susceptible to illness and infection.
- APPETITE & METABOLISM**  
Sleep deprivation disrupts hormones that regulate appetite, leading to increased hunger and cravings for high-calorie foods.
- SKIN**  
Sleep deprivation increases the effects of aging, leading to dark circles, wrinkles, and dull skin.
- MOOD**  
Sleep deprivation is linked to increased irritability, anxiety, and depression.
- HEART HEALTH**  
Chronic lack of sleep is linked to high blood pressure, heart disease, and stroke.
- CANCER RISK**  
Associated with increased risk of breast and prostate cancer.

And so what is sleep deprivation sleep deprivation is a

co-2nd Place Mr. "C" and Dr. "J" Award (\$100):  
 Ana Maria Zamora-Covid Vaccines: Pros and Cons

## Type of Vaccines against SARS-CoV-2

**a. Inactivated vaccines**  
 Inactivated vaccines contain SARS-CoV-2 viruses that are chemically inactivated

**b. Recombinant proteins vaccines**  
 Vaccines composed of recombinant spikes      Vaccines composed of receptor binding domain

**c. Viral vector vaccines**  
 Viral vector vaccines contain another virus modified to express S protein

**d. RNA vaccines**  
 RNA vaccines consist of RNA packed in lipid nanoparticles

**e. DNA vaccines**  
 DNA vaccines contain a circular DNA encoding the spike protein

**SARS-CoV-2**

Strategies already in use are shown in the red box while novel approaches are shown in the green box.

Fig 1. Alvar et al. (2020) PLoS ONE 15(4): e0230001. doi:10.1371/journal.pone.0230001

co-2nd Place Mr. "C" and Dr. "J" Award (\$100):  
 Courtni Demnianiuk/Darlene Gomez Valencia/Brian Alvarez-Weather Predicting

# WHAT IS WEATHER?

- Weather is the state of the atmosphere which includes temperature, precipitation, humidity, cloudiness, visibility, pressure and winds
- Weather on Earth is caused by heat from the sun and movement of the air
- All weather happens in the lower layer of Earth's atmosphere
- The Sun's heat warms the air in this layer to different temperature levels in different places

includes temperature, precipitation humidity cloudiness

# Communication Showcase:

1st Place (\$150):

Michael Stewart-Let's Get One Thing Straight...(Narrative Speech)

The image shows a Zoom video player interface. On the left, a dark blue sidebar contains the text: "COMS Communication Studies", "Erin Engstrom Professor Communication Studies eengstro@sdccd.edu", and "COMS 104 Advanced Public Speaking". The main video area displays a presentation slide with a yellow header that reads "'Let's get one thing straight...'", Narrative Speech (Speaker: Michael Stewart". The slide features a cartoon illustration of a man in a red shirt and blue shorts. Below the illustration, a subtitle reads "Hi, my name is Michael, and thank you for joining me on". In the top right corner of the Zoom window, a small video thumbnail shows "Dr. Maria-Jos...". The Zoom logo is visible in the bottom right corner of the video frame.

2nd Place (\$100):

Sofia Hill-Animated Short Fiction

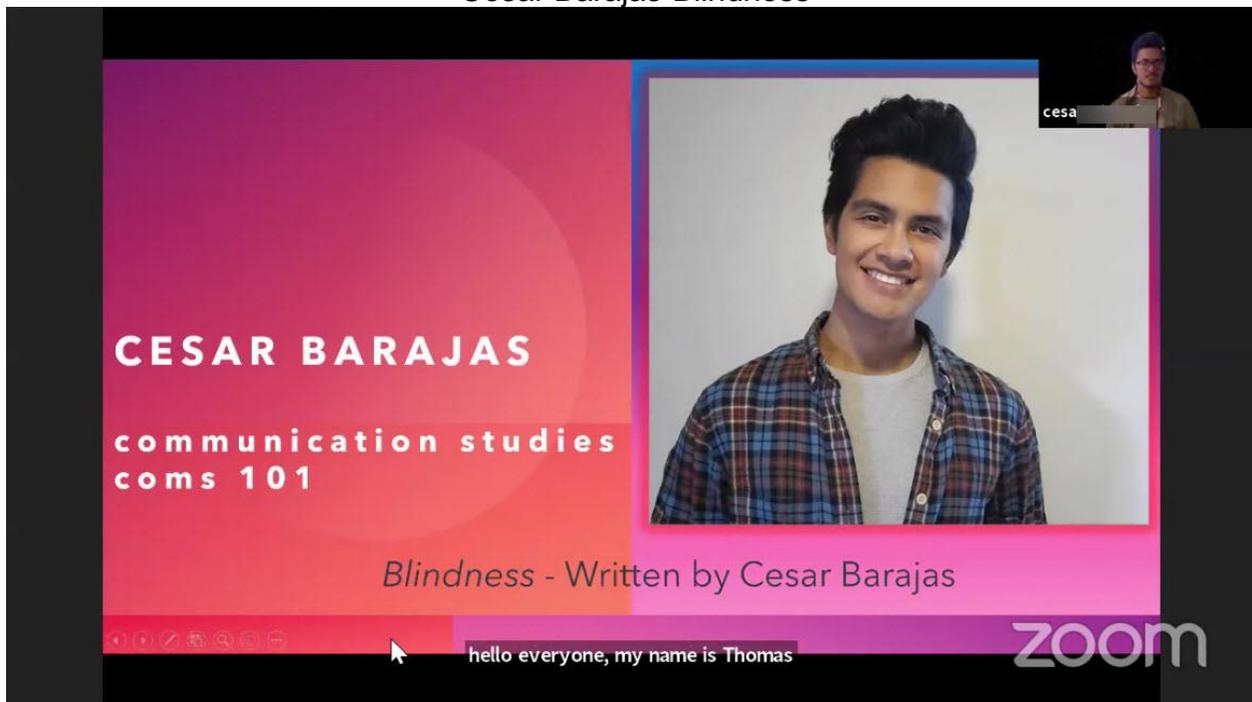
The image shows a Zoom video player interface displaying an animated short film. The video player has a light blue header with the text "'Untitled', Animated short fiction (1:14)". On the left side of the player, there is a green box with the text "Film by Sofia Hill" and "RTVF 167 Motion Picture Production". The video content shows a stylized, hand-drawn scene of a path made of red bricks leading through a forest of tall, thin trees. A sign on the right says "KEEP OUT" and another sign below it says "WARNING FOR CARACIVOROUS FLOWERS!". A character in a green hooded cloak is visible on the left. The video player includes a play button, a progress bar showing "01:15", and a "vimeo" logo. A subtitle at the bottom of the video reads "So, yeah, I had a really fun time with this I hope you". In the top right corner of the Zoom window, a small video thumbnail shows a woman. The Zoom logo is visible in the bottom right corner of the video frame.

# Spoken Word:

1st Place Dean Jeanie Tyler-Dean's Award (\$150):  
Tamra Balardeta and Cyanne Knight-Rising Starr



2nd Place (\$100):  
Cesar Barajas-Blindness



\*And, thank you to the Diversity Committee who sponsored 4 students for the ENCORE (National Conference of Race and Ethnicity) in June. The raffle winners for who were chosen to attend are:

- Michael Stewart
  - Tatiana Butte
  - Tamra Balardeta
  - Sofia Hill
- Congratulations to all!!!

## FILM

**Cy Kuckenbaker,**  
Assistant Professor,  
Radio, Television & Film  
Film Society **Adviser**  
ckuckenb@sdccd.edu

### 'Full Black Beard', documentary short (5:40)



17 RESEARCH SYMPOSIUM  
ckuckenb@sd...

Film by  
**Farhad Deylami Azodi**

RTVF 112  
Documentary  
Production




05:40 01:07

The flame in a in a class students may take up to four




2021 Student Project & Research Symposium

16



The Symposium Organizing Committee would like to acknowledge the essential contributions made by students, faculty, staff and administrators to ensure the quality and success of the Symposium. We are grateful for everyone’s support and participation.

A special thank you to: Dr. Ricky Shabazz - President of City College; Matilda Chavez – Vice President; Deans Jeanie Tyler and Randall A. Barnes – co-sponsors of this event; Cesar Gumapas Public Information Officer; the Academic Senate as co-sponsor of the Symposium; Associated Student Government; Transfer and Career Center; Patricia Fernandez Digital Print Production; Kim La Rue | Graphic Artist | Photographer; and a special thanks to Victor Chen Website Administrator.

We are also grateful for the support and guidance of the Institutional Assessment Committee in our collective efforts to both demonstrate and improve student learning.

*We wish to again thank all of the contributors to this event. We salute you! This program may not include some late additions and performances - unconfirmed at press time. We encourage you to stroll the grounds and seek out these fine later additions - and welcome them aboard!*



CITY COLLEGE • MESA COLLEGE • MIRAMAR COLLEGE • CONTINUING EDUCATION





**Robert Chambers (Professor)**



**Fabio Paciucci**

# SAN DIEGO CITY COLLEGE

sdcity.edu ~ Since 1914

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www.sdcity.edu  
Ricky Shabazz, Ed.D.  
President

*The San Diego Community College District is governed by its Board of Trustees. No oral or written representation is binding on the San Diego Community College District without the express approval of the Board of Trustees.*

*Board of Trustees: (from left, back row) [Craig Milgrim](#), [Mary Graham](#), and (front row) [Geysil Arroyo](#), [Maria Nieto Senour, Ph.D.](#), [Bernie Rhinerson](#)..*



Judge name: \_\_\_\_\_ Presenter name: \_\_\_\_\_

## Presentation Rubric for Symposium Events

Team (or individual) presentations are evaluated on a variety of aspects of the presentation including content, style, graphics, and teamwork. As a judge, you must commit to observing the entire event. It is suggested that you take notes on those that interest you and use those notes to fill in the Rubric below. Just check the appropriate boxes; the organizing committee will total the points and announce our winners.

Presentation Component	Unacceptable 0 Points	Acceptable 1 Point	Good 2 Points	Excellent 3 Points
<b>Overview:</b> introduction of presenter(s), case or problem and background described, agenda described	no introduction or overview, background or agenda	introduction of presenter(s) but awkward, sketchy or unclear overview/agenda and background	confident and fluent introduction; clear overview/agenda and background, but could be more complete or polished	confident introduction of roles and contribution; clear purpose, overview, and agenda; relevant & clear background
<b>Style:</b> use effective verbal and nonverbal communication skills (e.g., voice volume, inflection, eye contact, etc.)	poor style (long pauses, reading speech, "Umm..." and other mannerisms, poor eye contact, monotone, etc.)	either fluent delivery but reading, or awkward delivery but spontaneous	generally good delivery and spontaneity but could improve	excellent style involving matching verbal and nonverbal style, good projection with inflection, spontaneous speaking
<b>Vocabulary:</b> appropriate and fluent use of terms and concepts	little or no attempt to include terms, concepts, authors	use of terms but not well related, sporadic, misused or mispronounced	good use of terms but still uses jargon or forces or is awkward with use of terms	fluent vocabulary and pronunciation without pretensions
<b>Application:</b> appropriate and insightful application of procedures and practices	little or no inclusion of techniques, application, or practices	inaccurate or incomplete use of techniques	generally good application, but lack polish, fluency, or originality	strong application with good fit, rationale, fluency, and originality
<b>Coverage:</b> thorough and balanced in treatment of topic	very incomplete, significant gaps, or biased treatment of topic	either thorough but biased, or incomplete and balanced	generally thorough and balanced but awkward, needs more evidence, or better sequencing	thorough coverage of topic per assignment with balanced treatment of perspectives
<b>Rationale:</b> explains reasoning and provides evidence	little or no reasoning, explanation, or evidence provided	reasoning and evidence presented but not well organized or poor sources	good logical reasoning and evidence, but not integrated	logical reasoning integrated with authoritative references on key points
<b>Graphics:</b> attractive & balanced layout, legible font	no graphics (may be appropriate in some cases)	graphics present but poor quality (illegible, inconsistent, , etc.)	well done graphics but too much or too little, and not on key points	well-designed and attractive graphics that simplify or summarize key ideas; original graphics
<b>Team Roles:</b> team members have equivalent roles (this part is excluded in individual presentations)	unclear team roles	clear team roles but unequal contribution	clear roles, equal contribution	clear roles, balanced contribution, good transition between presenters, cross reference each other
<b>Discussion:</b> team (individual) is prepared to facilitate discussion and is receptive to feedback	little or no discussion	discussion but without clear organization or purpose	prepared discussion questions	prepared questions on key areas, and responsive to and elicit participant reaction and questions
<b>Reflection:</b> team (individual) can identify what they would do differently to improve	little or no reflection	ask for feedback; some defensiveness	ask for feedback and clarify responses; generally non-defensive	request feedback, clarify responses and link to performance changes; positive & curious

Total \_\_\_\_\_