

TAKING A HOLISTIC APPROACH WITH OUR MCNAIR SCHOLARS

The goal of the McNair program is to help our scholars secure fully-funded offers to top-choice Ph.D. programs. We do that by providing a research experience, training for the GRE and grad application prep.

We believe that supporting our scholars in the pursuit of health and wellness greatly contributes to our core goal. This is why we incorporate the concept of self-care into everything we do. We make it part of our daily conversations. We role model best practices. We explore different ideas about what self-care means to each of our scholars. We bring in guests to share expertise and we connect scholars with a variety of resources to support their own wellness journey.

We believe that when our McNair scholars take good care of themselves, they become the best versions of themselves. They can focus and study better. They do better in their classes. They handle daily challenges better. They develop a foundation for themselves that keeps them strong no matter what they are doing. This includes achieving an advanced degree and doing meaningful work in this world.

E A T
S L E E P
M O V E
m c n a i r
s t y l e

This concept has evolved over time, but the base still represents fulfilling our basic needs of eating well, getting enough sleep and moving our bodies every day. Being positive and focusing on the present moment has also joined our **EAT SLEEP MOVE** mantra. Together we explore different tools, such as yoga and meditation, to expand these concepts in our lives.

We welcome new scholars to our McNair family and look forward to supporting one other and growing stronger together. It's a process for sure and one we take seriously. McNair offers the chance to develop yourself academically, but remember that success greatly depends on how you take care of yourself, each and every day.