

The University of Maine

**DigitalCommons@UMaine**

---

General University of Maine Publications

University of Maine Publications

---

4-9-2021

## **Maine Impact Week 2021 Faculty Mentor Impact Awards : Shelby Helwig**

Shannon McCoy

Shelby Helwig

Office of the Vice President for Research

Follow this and additional works at: [https://digitalcommons.library.umaine.edu/univ\\_publications](https://digitalcommons.library.umaine.edu/univ_publications)



Part of the [Higher Education Commons](#), and the [History Commons](#)

---

This Video Recording is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in General University of Maine Publications by an authorized administrator of DigitalCommons@UMaine. For more information, please contact [um.library.technical.services@maine.edu](mailto:um.library.technical.services@maine.edu).



Maine Impact Week 2021 Faculty Mentor Impact Awards  
Shannon McCoy, College of Liberal Arts and Sciences

Apr 9, 2021

<https://youtu.be/95LnXNT-1qE>

Run Time : 00:03:15

Earlier this year, we asked students to nominate faculty members who had an important impact on them and the response was incredible. Through online videos and announcements, we are featuring the nine faculty members who won 2021 Faculty Mentor Impact Awards

**Transcript is machine generated, unedited, in English.**

uh so shannon has been my advisor  
for about the past four years and  
throughout the time that she's been my  
advisor  
she's really been truly supportive of my  
own personal  
academic and research interests and i've  
also watched her mentor a wide array of  
students  
from high school students to phd  
students  
and through every single one of those  
projects she  
is a huge supporter of their personal  
research interests  
and making sure projects relate to what  
they are passionate about  
which is certainly not the easiest thing  
to do  
as a mentorship style and um  
the reason i nominated shannon  
especially  
is because she is a huge supporter of  
establishing  
healthy relationship with work and a  
proper work-life

balance and that is true of her for the entire four years that i've been here um but i thought that it deserves special recognition and a huge thank you during the past year of the pandemic and moving to work from home modality to have someone making sure and checking in that you are remaining healthy and keeping a proper work-life balance has been really important

hi i'm shannon mccoey i'm a social psychologist in the department of psychology and in our lab we study how people coped with discrimination and bias and the consequences for health and well-being so i think of those as pretty important topics um and i've been lucky to be joined in those efforts those research efforts by tremendous students over the years um so to be nominated by them for a mentoring award means so much to me

um i think the highlight of my career was giving a talk at a university in california and being introduced by one of my first phd students who had graduated and now was faculty at that university so to see my students um with a passion for science with a love of mentoring themselves mentoring their own students to see their careers take off is the best part of my job and i wouldn't trade it for anything so it seems a little weird to get an award for your favorite part of your job um

but you know i've been lucky to have  
tremendous mentors  
in my past experience and i can only  
hope  
to do that for my students i am lucky to  
have such fabulous students out in the  
world doing tremendous science  
um focused on what i think  
is a really important social problem so  
uh thank you very much for nominating me  
and for  
choosing me for this award it really  
means the world