OVERVIEW
This year, I have focused on the freshmen year experience at Kent Denver. My goal was to empower freshmen students to take control of their wellness and to inspire a more connected and vulnerable community. I completed two independent studies that allowed me to spend my Tuesdays observing and assisting in the freshmen wellness class. For my capstone project I have designed a peer mentoring program for next year’s freshmen and senior class.

FRESHMEN WELLNESS
Freshmen wellness is a required Kent Denver course that teaches about healthy tech use, thriving relationships and friendships, sex education, time management, stress coping, and more. This year I worked with the counseling team to observe and assist in the class. Next year, wellness classes will be smaller with more targeted and specific content.

My goal as a senior leader
- Make the information more personal and relatable
- Help them understand why wellness is important
- Observe how to effectively teach wellness content to uninterested freshmen
- Plan the reshaping of the program

SEX EDUCATION
After reading Girls and Sex by Peggy Orenstein, I was determined to integrate a more comprehensive sex education program into the Kent wellness curriculum. Next year, sex ed will span across all 7 years at Kent and will include more dialogue about healthy relationships and boundary setting.

MY JOURNEY AT KENT
- Introduction to Behavioral Science: Pleasure and Addiction
- Science of Happiness
- Introduction to Behavioral Science: Emotions
- GOA Introduction to Psychology
- GOA Abnormal Psychology

MY SUMMER INTERNSHIPS
Denver University Research Lab
- Dr. Wyndol Furman’s “Project STAR”
- Examined different attachment styles in subjects over 20 years
- Studied relationships with parents, significant others, and friends
- 120 total hours as a DU intern

MotherWise Denver
- MotherWise aims to empower underprivileged and struggling mothers through therapy, group classes, job opportunity and access to free baby products
- I facilitated teen parent classes and attended staff meetings

MY FAVORITE SCIENCE BASED WELLNESS BOOKS
- Permission to Feel by Dr. Marc Brackett
- Together by Dr. Vivek Murthy
- Atomic Habits by James Clear
- Chatter by Dr. Ethan Kross
- The Choice by Dr. Edith Eger
- The How of Happiness by Dr. Sonja Lyubomirsky

THE GIRLS4GIRLS CLUB
I co-founded the Girls4Girls club this year with a goal of empowering young women at KDS. My club was a safe space where women could connect with other women in different social circles and grades. We were all older sisters to each other by May!

Meditation improves anxiety levels 60% of the time.

Regular gratitude journaling has been shown to result in 5% to 15% increases in optimism and 25% increased sleep quality.

CAPSTONE: PEER MENTORSHIP COMMITTEE
The 2022-2023 Peer Mentorship Committee is a group of elected seniors to guide the freshmen class. Each senior is assigned to one freshmen advisory (12 freshmen) and every Monday mentors attend their freshmen’s advisory. The mentors will complete rigorous training, attend the freshmen retreat, assist with RULER trainings, and act as guides and role models for our new class. This program will foster intimate relationships between freshmen and seniors and build bridges between grades!