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Stout Student Association
UW-Stout
Selection Committee, Samuel E. Wood Medallion Award
118 Memorial Avenue East
Menomonie, WI 54751

Dear Samuel E. Wood Medallion Award Selection Committee,


Through my experience with the Bold Project during my first year at the University of Wisconsin- Stout, I was able to attend the Leadership Awards. There, I learned what the Samuel E. Wood Medallion Award was and I was given the opportunity to see other students who exemplified leadership. It has been a goal of mine ever since and I am thrilled to be writing to nominate myself for this prestigious award. In the fall of 2016, I will be graduating with a degree in Human Development and Family Studies with minors in Speech Communication and Women and Gender Studies.

Becoming involved at Stout was the best decision I could have made in my college career. Within days of being on campus, I interviewed to work for Ally Initiatives and have since then worked my way up to being the Team Lead. Leading the staff and striving to collaborate with other organizations on campus is something I have enjoyed. Through Ally Initiatives, I was able to live out a dream that I had since 8th grade. I was able to create the Spreading Beautiful Body Image Summit. Spreading awareness about the importance of a positive body image on campus and empowering students to feel confident about who they are and what they look like is truly a dream come true for me. In addition, founding the Ally Club and giving space for students to talk about their passion for social justice and planning volunteering opportunities has been a huge achievement of mine. Along with that, I joined the Hall Events Committee in my Residence Hall which led me to apply to be a Resident Advisor. I have also been a strong member in various organizations such as the Gender and Sexuality Alliance, Black Student Union and the Bold Project.

I am a strong candidate because I strive to be a leader, I am a leader and I inspire others to be leaders. Being a role-model on campus is a main priority of mine, and I have exemplified skill, industry and honor in all my years at Stout. With that, I am committed to never stop learning about how I can improve and grow and make the world a better place.

I am so thankful that you are taking the time to read this letter. I have worked very hard since the beginning of my time at Stout to exemplify leadership and I feel confident that I am qualified to receive the Samuel E. Wood Medallion Award.

Sincerely,



Katie Quinn

Fall 2013 – Spring 2014

- **Communications Specialist** *Ally Initiatives*
 - Within the first week of arriving at Stout I started my role as a Communications Specialist with Ally Initiatives. In this role, I attended weekly staff meetings, hosted events on campus and thought of innovative strategies to market Ally Initiatives' events and mission. This position furthered my understanding of social justice, civil rights and civic responsibility. I also learned how to plan events effectively and how to be a strong staff member that contributed to the team's successes.
- **Leadership and Events Representative** *AFM Hall Events Committee*
 - After being elected to this position, I quickly started planning events for the Antrim-Froggatt-McCalmont Hall community with my other Hall Events Committee members. In addition, I also had weekly meetings with representatives from other residence halls to plan all-campus events such as blanket fundraisers for Dunn County, Zombie Apocalypse and Stoutnic. In this position I strived to be positive, consistent and dependable in all aspects. In this position I further developed my communication and event planning skills.
- **Bold Project Participant**
 - Being nominated to apply for the Bold Project was something I will always be thankful for. This was a great opportunity that assisted me in developing my leadership skills. My group was given \$500 to plan an event that would meet our goal of helping students meet new people. We planned a fantastic "Balloon Bonding" event where students would pop balloons and be given a task inside that would help them start a connection with another student. I learned how to successfully market an event while working with people with vastly different personalities and working styles. Along with that I fine-tuned my planning and time management skills.
- **Gender and Sexuality Alliance Member**
 - I joined this organization to become a positive queer role model for other students. The most valuable component of this organization for me was the opportunity to be a Safe Space Panel Speaker. I bravely spoke to faculty and students about my experiences as a queer individual in hopes to educate others and raise awareness about the LGBTQIA+ community and the experiences we endure.
- **Ally Club Founder and President**
 - Founding the Ally Club student organization was a huge learning experience for me. Creating and crafting a student organization took creativity, innovation and dedication. I recruited peers of mine to serve alongside me as the first executive board of the student organization and motivated others to become members. Getting a student organization up and running is challenging but I learned how to create a foundation for an organization, lead group meetings and run an executive board. I also learned how to inspire others to be leaders.
- **Wisconsin United Residence Hall Association Conference Participant**
- **We Lead Eau Claire Leadership Conference Participant**
- **Honors Student**

Fall 2014 – Spring 2015

- **Resident Advisor**
 - Being a Resident Advisor in North Hall, I formed great relationships with international students, Out@Stout students and all the residents on my floor. I fostered a positive and friendly environment for my floor and acted as a role model and leader for Residence Life. I strived to implement inclusivity in the building and for that I was awarded the Housing Ally of the Year Award at the Qubie Gayla.
- **Blue Rah Speaker**
 - I was chosen to address the first year students at the Week One Blue Rah event and encourage them to get involved on campus. I believe getting involved requires being confident in yourself so I decided to base my speech around my story of how I pooped my pants on my eighth birthday to show them that things get better. This greatly helped my confidence in my public speaking skills.
- **Ally Specialist** *Ally Initiatives*
 - With this promotion, I started taking on more responsibility and began planning more of my own events regarding civil rights and civic responsibility. My biggest project was planning the Spreading Beautiful Body Image Summit
- **Spreading Beautiful Body Image Summit Founder and Coordinator**
 - Created and developed a conference about body image and body positivity for students and community members. I recruited other students to present on topics like gender, race, sexual orientation, language and eating disorders. I also facilitated large group activities and prepared speeches to open and close the conference. I learned how to take a mission statement and a dream and transform it into an actual event that impacted over 85 students. Because of this event I was then asked to be a Featured Speaker at a campus event called Love Your Selfie. I was also named the Advocate of the Year.
- **Ally Club President**
 - In the first year of the Ally Club we focused a lot of our attention on bringing awareness to the concept of stereotypes and encouraged students to share their experiences with being stereotyped and created a visual display from the responses. We also held a fundraiser for the Dunn County Humane Society and a fundraiser for the people of Nepal after a devastating earthquake. Along with those events, I also developed several leaders to take on the club for the following year and learned a lot about delegation and teamwork.
- **Gender and Sexuality Alliance Member**
 - My second year with the GSA, I learned a lot more about myself and the LGBTQIA+ community. I developed strong connections with many members and continued to be a role model for other queer students. I also attended the Midwest Bisexual Lesbian Gay Transgender Ally College Conference which is the largest LGBTQIA+ college conference in the nation. I was also nominated for the GSA Member for the Year Award and the Bisexual/Pansexual Advocate Award.
- **UW Stout Forensics Competitor**
 - I competed in numerous tournaments throughout the year and my highest achievement was being awarded 1st Place at the Wisconsin State Forensics Tournament in the Duo Category with a piece about feminism. This sharpened my speaking and acting skills and allowed me to educate myself on new topics.

Fall 2015 – Spring 2016

- **Resident Advisor**
 - Working as a Resident Advisor in the Antrim Froggatt McCalmont building was a different experience because I worked with more first year students and Honors students. I continued to encourage a positive floor environment and developed meaningful connections with residents. I boosted residents' confidence levels and promoted positive confrontation in situations of roommate conflict. I planned fun and engaging events to help residents meet each other and also crafted educational bulletin boards for the floor. I also worked as a team with my staff and acted as a leader when changes and transitions occurred during the year. I personally learned a lot about self-care and setting boundaries in this position and continue to thrive.
- **Ally Initiatives Team Lead**
 - In my third year with Ally, I was promoted to Team Lead and am now in charge of leading the staff to produce a year full of engaging educational events that promote civil rights and civic responsibility on and off campus. I began the year by leading the staff in planning the first annual Unity March to unite the campus and community and set a positive tone for the year. I also worked with Blue Devil Productions to bring spoken word poet, Neil Hilborn to campus to raise awareness about mental health. In conjunction with that event, we also put on a Mental Health Awareness Photo Shoot to get students to think about the importance of Mental Health. I have been a strong leader all year for the staff and have persevered through many changes and hardships throughout the year and have developed three strong new leaders.
- **Spreading Beautiful Body Image Summit Founder and Coordinator**
 - After the success of the first year, I decided to expand this year's Spreading Beautiful Body Image Summit by bringing in a professional Keynote Speaker as well as opening up a Breakout Session Application system so more students were given the chance to present on an aspect of body image. I was able to give students an opportunity to voice their experiences about body image and sexual assault, orthorexia, relationships, religion and disability. I have also continued to plan large group activities to encourage students to love their bodies and love who they are. The biggest thing I learned was how to delegate and share my vision with others working with me.
- **Ally Club Student Advisor**
 - Transitioning into a student advisor was a difficult process. I had to decipher what would be my role and what would be the President's role. I helped the new executive board get the word out about their meetings and helped the President feel confident about leading meetings. As an organization, we raised awareness about healthy relationships and red flags for dating violence. We also participated in the Fall Yard Clean Up.
- **Black Student Union Member**
 - I consistently attended meetings, learned about the community and formed meaningful relationships with members as well as attended Keep it Real.
- **Gender and Sexuality Alliance Member**
- **Honors Student and Colloquium Leader**

Reflective Statement Section

- 1. Please describe the contribution and impact that you have made to your organization(s), university and/or community. How have your contributions impacted the students, university and/or community?**

When I think about what my biggest contribution was to the different individuals and organizations I've worked with, one thing comes to mind: kindness. Kindness is a value that I try to epitomize every day. Every interaction I had with Ally Initiatives, other organization leaders, and the entire Involvement Center I strived to be kind. I made it a goal to make people smile, to make people feel good and to make their day a little bit better. As a Resident Advisor, I not only wanted to make residents' days better but I wanted to encourage them to pass that attitude on to other people they interact with. I believe kindness is contagious and I worked hard to spread it like a bad cold during finals week.

I contributed many ideas, events and time to being involved in the Stout community but none of that is as important to me as the way I make people feel. I choose to walk into a room with a smile on my face and I choose to have a positive attitude even when it isn't the easiest choice to make. Throughout my years at Stout, I modeled positivity, authenticity and most importantly, kindness.

- 2. What makes a good leader and what skills do you value the most based on your leadership experience on campus?**

To be a good leader, I believe one must have a vision, one must commit, and one must be dependable.

Effective leaders have a vision. They can see the potential in something or someone and can see how things could be better. They will have more focused goals and will work hard to make their vision become a reality. One of my biggest strengths is 'futuristic' which means being able to have a vision of the future and formulating a plan to get there. I have demonstrated this in my involvement on campus and especially with all the successful events I have planned.

An individual must commit if they are hoping to be seen as a good leader. It is a leader's commitment that inspired others to follow and support a movement. I believe that my commitment to Ally Initiatives and University Housing has made me a better leader and has made those departments stronger.

A good leader is someone who is dependable. Someone who follows through and stays true to their word. My last three years at Stout, I have worked hard to be on time, to follow through on things I propose and get the job done.

3. How have you personally grown and developed throughout your time at UW-Stout? How will this help you in the future for your personal and professional life?

Before I came to Stout, I thought the goal was perfection. I always thought that good leaders were perfect leaders and I always strived for perfection. My biggest area of personal growth was learning that that is an absurd view of being a leader and living life in general. I was constantly afraid of making mistakes and feared making any wrong move. It wasn't until recently that I have improved in this area. I now understand that mistakes are a part of life and it is how we choose to learn from them that determines where we go next. I have worked very hard these last three years to not put so much pressure on myself. I am learning how to welcome mistakes and remind myself that learning from something is even more of an achievement than being perfect. From this new way of thinking, I have become a stronger leader, a better role model and a more authentic person.

In my professional life this will help me be a more effective individual. Choosing to learn from mistakes and helping others learn from theirs will make me a better employee, coworker and boss. I will choose progress over perfection.