



My name is Sedona Kintz, welcome to my online E-folio. I am a fifth-year student at Minnesota State University, Mankato. I am double majoring in Psychology and Alcohol and Drug Studies. My goal is to get licensed as an Alcohol and Drug Counselor and then continue my education by attending graduate school for Mental Health Counseling.

Personal Mission Statement: I believe that everyone should have what they need to live happy, healthy lives. I also believe that we should listen and appreciate people from all backgrounds and cultures, because they can provide valuable insights and different points of view. I believe that you are never done growing and learning. I choose to see each day as a learning opportunity and constantly try to better myself through school, volunteering and taking on leadership positions in the organizations I am apart of. My passion is to help people, and I strive to always be there for my friends and anyone else who needs someone to listen to them or help them out of a bad situation.



About Me

Work

As of May 2017 I started working at Caribou coffee as a team member. This job has been my first job in customer service, and I have really enjoyed it. I love talking to people and making connections and working at Caribou has given me plenty of opportunities to do so. In high school and during my first two summer/Christmas breaks in college, I worked as a Daycare provider back home. I also worked as a package handler for FedEx.



Volunteering

One of our goals in my sorority is to play an active role in the community, and since joining, I have found a new love and appreciation for volunteering and giving back. Throughout the semester, I participate in a number of volunteer opportunities including being a Girls on the Run coach, helping clean up a stretch of highway, and helping cook dinner for the police and fire department.



Hobbies

In what little free time I have, I love to travel and explore new places and go to concerts. I believe it is better to spend your money on experiences rather than material things. During the summer of 2017 I was fortunate enough to study abroad in Scotland and Iceland and was able to take my love of traveling and exploring to a new level as I got to spend six weeks there.



Education



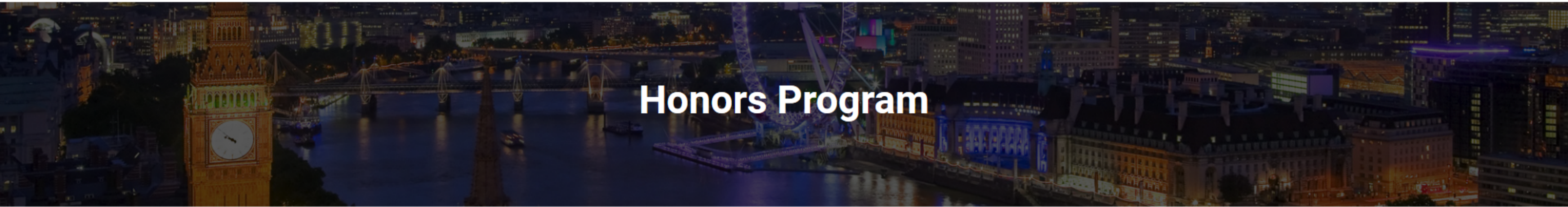
T. F. Riggs High School

I went to high school at T. F. Riggs high school in Pierre SD and graduated in 2014.

Minnesota State University, Mankato

I am currently enrolled at Minnesota State University, Mankato. I am in my fourth year pursuing a double major of Psychology and Alcohol and Drug Studies. I am in the sorority Alpha Sigma Alpha and am also part of the psychology club and Psi Chi National Honors Society on campus.





Honors Program



Leadership

Leadership is a very important skill to develop. Throughout my classes, work, and sorority, I have grown as a leader and will continue to.

Research

Psychology is an ever changing field, all based on research. In order to succeed, you need to have a very strong understanding on how to conduct research. Throughout my classes I have taken, within and outside the honors program, I am well on my way to being a good researcher.

Global Citizenship

In today's society, it is important to be able to understand different cultures and be able to interact with them in positive ways. Being a global citizen is vital to succeeding.

Leadership Competency

Upon graduation, honors students will have demonstrated the ability to utilize personal leadership values and guide groups toward a common goal.

Leadership Synthesis Essay

I entered college believe that I already was a strong leader, but it wasn't until I started exploring what leadership meant to me and interacting with a wide variety of people that I really started to comprehend what it meant to be an effective leader and how I wanted to lead. My first experience as a leader was when I became **secretary** of my sorority Alpha Sigma Alpha. This experience opened my eyes by showing me how everyone has a different leadership style and background which effects how they work with others and how they lead. I had learned in my first year seminar class that my five strengths were positivity, empathy, adaptability, input and context, but being in this position really helped me see how I could use those strengths to my advantage and how those strengths could be used in a larger group setting. I learned how to adapt and work with all different leadership styles that I encountered and I learned how important it is to stick up for your values and beliefs in a leadership position.

It wasn't until I was **President** of my sorority that I truly learned what it took to be an effective leader. I learned that the kind of leader that I wanted to be was someone that worked collaboratively with the group to reach a shared goal, and to make sure that everyone feels valued and heard within an organization. This also showed me how hard it can be to work as a group to meet that goal if you don't communicate and try to work together. I used to be the kind of person that would never ask for help and take on too much. I learned very fast within this position that for the organization to succeed I needed to learn how to work with others and communicate when you need help with your job. This was also where I started to realize that groups work better if people take on positions that build upon their strength, and I started learning how to encourage girls on my executive board to build upon the strengths they had and raw them out in order to run the chapter successfully.

As **Vice President of Alumnae and Heritage** for my sorority, I utilized a different set of skills than I did with the first two leadership positions that I have had. Since I was required to work with not only chapter members but alumnae members, it required me to develop my communication skills even more to get information out in a timely manner. I also learned that even though it is important to listen to everyone's ideas, sometimes as a leader you need to make a decision that will be the best for the organization and be okay with not everyone being super happy about it. That was really hard for me to accept because I am the kind of person who wants to make everyone happy, but this position really helped me build on what I had learned about not pleasing everyone and standing up for my decisions.

Through being **treasurer** of my sorority, I have learned a lot more about how to work with people who have different leadership styles than me and how to effectively work together to get the work done. In my class **Exploring Leadership Through Social Change**, I learned a lot about the different leadership styles as well as how all of my strengths add to my personal leadership style. I also learned the pros and cons of different styles in relation to how I lead and what I learned a leader should be. I learned that I was more of an authentic democratic leader, where I believe in working in a group to reach a common goal and communicating when you need help or when you make a mistake. I experienced first hand as treasurer how hard it is to work with people that have drastically different leadership styles than you. Even though it was challenging, it showed me how important it is to stand up and speak up for what you believe while being a leader, as well as learning how to work with people as best as you can because sometimes you have no choice on what leadership style those you work with have.

Research Competency

Upon graduation, honors students will have demonstrated the ability to exhibit information literacy skills, synthesize and integrate ideas, produce original research or creative works, and contribute to knowledge.

When I entered college as a psychology major, it was stressed to us right away the importance of doing research and all the skills necessary to be a good researcher. In my very first psychology class in college, we learned about research and did our own research project. We studied the **misconceptions of psychology**, gave out a quick survey to students to see if they believed common misconceptions, and then wrote a research paper and presented a poster about our research. Even though it was a very simple research project, I got a very good foundation on how to conduct research.

I continued building my research skills in my **research methods** class. This was where we got to do a more complex research project and choose our own research question. We learned more in depth researching skills, including how to use Qualtrics to create surveys and how to use SPSS to analyze results. In the end, we presented our research projects to the class. This helped me build on what I had already learned in my other psychology class about research and showed me where I could take my research skills in the future.

The class I took called **Assessment Research and Design** was where I got a lot of research experience and grew a lot in this competency. We learned the importance of research and throughout the class, we got to pick one area of the psychology department to research and analyze to figure out what students liked about the department and what could be done to improve. We analyzed our results from both student and faculty surveys and wrote up how the advising within the psychology department could be improved. Once we analyzed our results, we created a poster to present at the Undergraduate Research Symposium on campus to talk about the benefits of having students do assessments on academic departments and the different insights we could bring. Then, we worked with our professor to write a research article about the benefits of having student research help in this type of research, which got published in the journal *Assessment & Evaluation in Higher Education*. One of the biggest accomplishments I have had in my undergraduate career was being a part of a research paper that got published.

My most recent research experience and the one that has helped me synthesize everything that I have learned and helped me grow even more in my research skills was the year long research project I did on my **research team** about the **perceptions of sex work and sex trafficking**. This was a very challenging research topic, because it is very political in nature and we had to be really careful when looking at different research articles to make sure they were accurate and peer reviewed. We also learned a lot about the stigma surrounding this topic and how it can conflate the statistics and how to be careful when analyzing anything related to this topic. It was also something that I had a lot of misconceptions about when I entered this research, so I got to learn while researching just how little I did know about the topic. We created a pilot study as a starting point for future studies about the perceptions of sex work and sex trafficking and how politicians, policy makers and the media can work on talking about these issues without perpetuating stereotypes and misinformation. We created a poster and presented our results at three different research conferences: The Undergraduate Research Symposium, The Midwestern Conference of Professional Psychology and the Minnesota Undergraduate Psychology Conference. This is where I grew as a research presenter since a lot of people approached our research with prejudice and stigma and it could be challenging to talk to them about what we had learned throughout our project. All in all, I have had a very successful research career while an undergraduate in college. I have built a strong foundation to continue being an academic researcher.

Global Citizenship Competency

Upon graduation, honors students will have demonstrated the ability to lead and serve in a multicultural world through increased self-awareness of one's own culture and its relationship to others, deepened understanding of other cultural perspectives, attainment of second language proficiency, and demonstrated awareness of culture-language connections in communication

Since I am going into the counseling profession, becoming a global citizen is an important aspect of the job. It is important to be culturally competent and understand how culture influences people's perceptions. In order to work with people from different backgrounds, I have to be able to have a deeper understanding of their different backgrounds in order to best help them. Throughout my time at MSU, I was able to develop a deeper understanding of what it took to be a global citizen and was able to challenge myself in multiple ways. I learned to see the world from different perspectives.

I first started learning about different cultures and what it takes to be a global citizen by studying **language** here at MSU. I first started taking German language classes and immediately immersed myself in the culture as well as speaking the language. This helped me see how language and culture are intertwined and interact with each other, and it also showed me how important it is to speak another language. I then switched and took some Spanish language classes. I made this switch because Spanish was a more logical choice of a second language and would help me connect with people better within the counseling field. Learning the basics opened up so many doors for me to learn more in-depth about the culture as well as interact with people I would not normally be able to because we didn't speak the same language. Even attempting at speaking the language with a native speaker helped that person open up to me and I was able to talk to people who couldn't speak very good English as well but we could communicate because I understood a little of the language they were speaking.

Another way I became immersed in another culture is when I **studied abroad** in Iceland and Scotland for six weeks. Up until this point, I only had classroom experience with different cultures. While studying language, I learned how important it is to fully immerse yourself in a culture in order to better connect with different people, so having that classroom experience gave me the courage to step out of my comfort zone and study abroad. I was able to interact with many different people in both countries, as well as learn about the history and the culture by living there and taking classes there. This experience pushed me out of my comfort zone and allowed me to see how important it is to have these experiences and approach everything with an open mind because you learn so much from different people and different cultures, you just have to be willing to do so.

Through one of my classes, **exploring personal leadership through social change**, as well as through my research project on the **perceptions of sex work and sex trafficking**, I was able to learn about two very different populations of people. This allowed me to learn that being a global citizen is so much more than learning about different cultures, but it is about learning and interacting with people that come from many different backgrounds and have different experiences than you do. I was able to learn that you need to be compassionate to be a global citizen, and to do things that challenge your way of thinking. These experiences showed me that you don't have to travel to a different country to experience different cultures and ways of life, and that Mankato is just as diverse as any place I had visited. It also helped me connect more to the community and showed me that being a global citizen is not only understanding different cultures, but connecting with people who are different than you and have different experiences within your community as well.

Throughout my years of college, I learned how important it is to challenge yourself and what you believe about people, and to learn as much as you can by interacting with people from different cultures and backgrounds. I was able to challenge myself and grow a lot in regards to the misconceptions I had about different people, and I think I am ready to continue that growth and continue striving to become a global citizen, because I think a big part of being a global citizen is that you always challenge yourself, always learn new things and always trying to be as culturally aware as you can be.