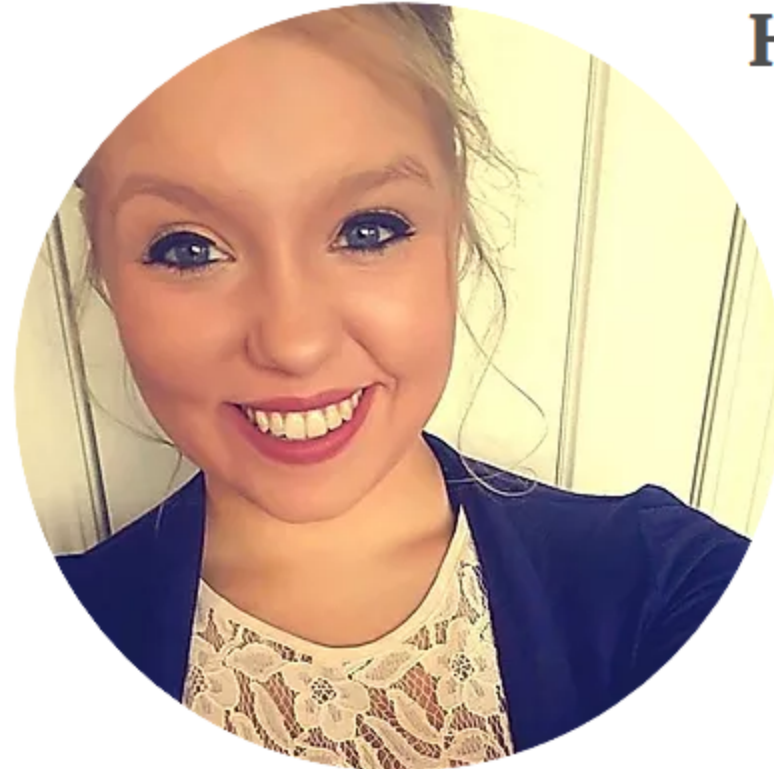


Emily Hoyt

Minnesota State University, Mankato

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Hello,

a bit about me:

Welcome!

Thank you for taking the time look over my portfolio. I really appreciate it.

My name is Emily Hoyt. I am graduating from Minnesota State University, Mankato, in the spring of 2020 with a degree in Biomedical Science an emphasis with Chiropractic.

In the Fall of 2020, I will begin the Doctor of Chiropractic program at Northwestern Health University in Bloomington, MN.

Mission Statement:

I have developed three main competencies: leadership, research and global citizenship. I continually strive to make a positive impact in the lives of those around me. I aspire to gain knowledge and leadership experiences to help make the world around me a better place.



Leadership:

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

[Read More ...](#)



Research:

"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."

[Read More ...](#)



Global Citizenship:

"Upon graduation, honors students will have demonstrated the ability to exhibit second language and communication competencies and exhibit cultural competency and awareness."

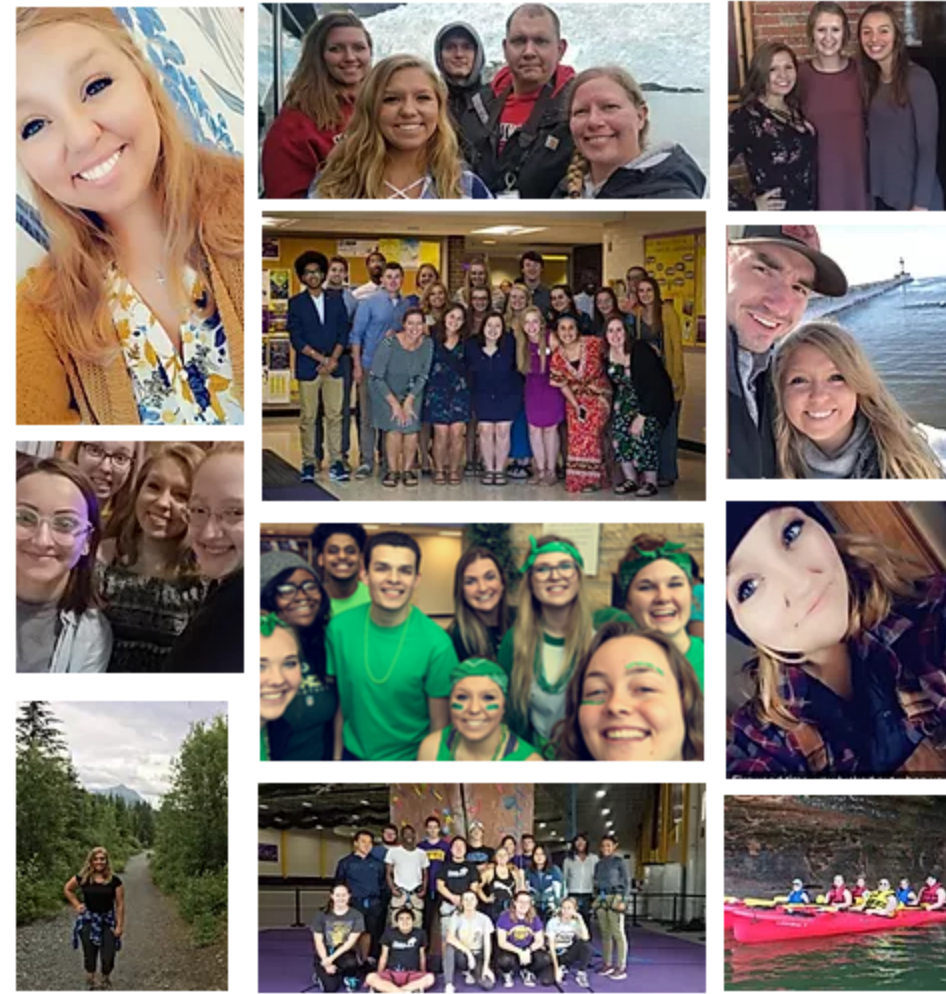
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About Me



Hi There!

So here's a bit (more) about me!

I grew up in a small town in Wisconsin and graduated with a class size of 27 students. I am a middle child of three. I graduated from Elmwood High School in May of 2016. During my last two years of high school, I was in Post-secondary Education Options (PSEO). This helped prepare me for my time at Minnesota State University, Mankato.

It's currently my final year here at MNSU, where I'm majoring in Biomedical Sciences with an emphasis in Chiropractic. I love learning about the human body and how it works, which attracted me to the health field. My future goal is to graduate from Northwestern Health Sciences University with my Doctor of Chiropractic Degree and eventually open my own practice and specialize in pediatric chiropractic care.



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Work Experience

I pride myself in my hands on work experience. Growing up in a rural area, there were few work opportunities, but I often helped local farmers with their crops. I was grounds crew for the local country fair, prepping the grounds and also helping guest have the best experience while there.

As I got older, I began to waitress and found a love of serving people. I worked for the local truck stop throughout high school and eventually found my way into the health field.

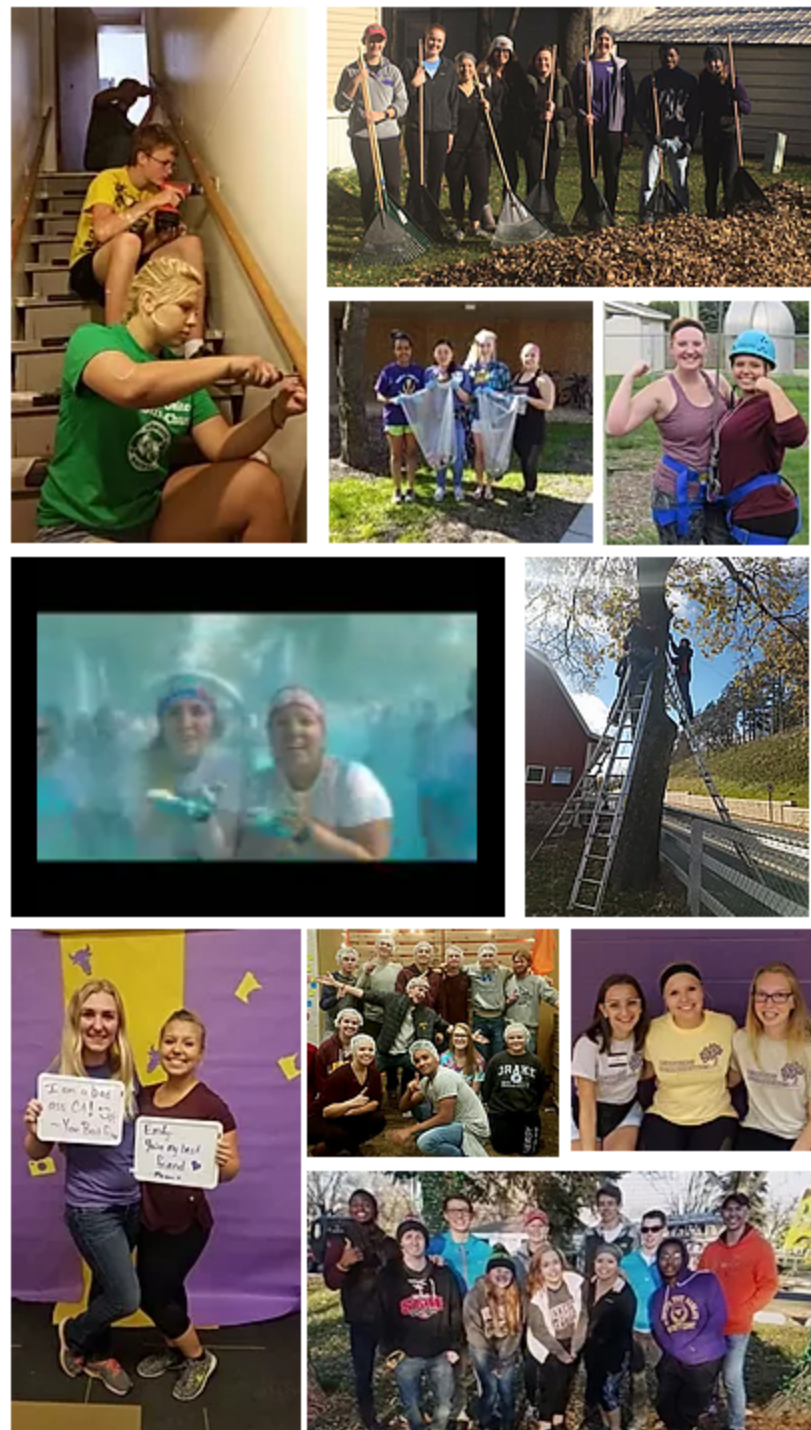
At age 16 I earned my CNA degree and worked at the Heritage of Elmwood Nursing Home. I found that the care I could provide to others made a major difference in their day, that my impact could brighten their day and help them during their day.

In college, I became a Learning Community Coordinator. I helped incoming Freshman students feel at home in the dorms, I helps study sessions and aided in their academic success. I worked this job for two years and them in my junior year I found two jobs off campus.

I started working at a local Chiropractic office, I learned great amount while there, where I gained a foundation of running a chiropractic office and servicing the clientele. I also became a PCA for a thirteen year old who has epilepsy and autism. I found a passion for helping children and specifically children with special needs.

My last two years at MNSU, has solidified my decision to become a pediatric chiropractor and to earn a degree at Northwestern Health Sciences University.

Volunteer Experience



Contributing to society is unparalleled. The importance of giving back to the community that one lives is a core idea that I have adopted into my life and I have found such fulfillment in volunteering. I have listed a few below.

- [Mission Trip](#)
- [Kiwanis Holiday Light Display](#)
- [Canvas Church Volunteers](#)
- [Rake the Town](#)
- [Feed My starving Children](#)
- [Tutoring](#)
- [Set up and run 5Ks](#)
- [Gillette Children's Hospital Fundraiser](#)
- [American Red Cross Blood Drive](#)
- [Campus Cleanup, Roadside Clean up](#)
- [Usher for MNSU's Theater Plays](#)
- [Orientation Speaker \(Student Pannel\)](#)
- [Martin Luther King Jr. Day Volunteer](#)
- [Sending Kids the World](#)
- [RSO Involvement Fair](#)
- [Women in STEM Research](#)
- [Elk's Nature Center/Rasmussen Wood](#)

Feel free to message me to find out more about the events that I helped with (hours, what it all entailed), how you can get involved, or any other questions.

Emily Hoyt

Minnesota State University, Mankato

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Minnesota State University, Mankato Honors Program

Mission

"to create future leaders, researchers and global citizens by providing high ability and motivated students with exceptional learning opportunities, mentoring relationships, and a community of scholars that foster their development as future leaders in a global society."

Leadership Competency

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

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.

Global Citizenship Competency

Upon graduation, honors students will have demonstrated the ability to exhibit second language and communication competencies and exhibit cultural competency and awareness.



Why Honors?

I joined the MNSU Honors Program as a freshman in college for two main reasons. First, I wanted to challenge myself in and out of the classroom. Secondly, I felt the three competency areas would greatly help me in becoming a Chiropractor who is engaging to all people, no matter the age group, cultural backgrounds, or subject matter. Since joining the Program, I have had the opportunity to work closely with faculty members, serve my community, and build myself into an open-minded individual. The culmination of these experiences have greatly prepared me to work with future patients.

Personal Learning Plans

A personal learning plan is completed by each Honors student every year. In it includes a plan of action to further develop themselves within the three competency areas: leadership, global citizenship, and research. Click on the links below to view

[Learning Plan 2017-2018](#)

[Learning Plan 2018-2019](#)

[Learning Plan 2019-2020](#)

LEARN MORE!

Learn more about Minnesota State University's Honors Program at their website.

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“Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others” (Jack Welch)

Strengths Finders Assessment

Community Council

L.E.A.D and Leadership U

Learning Community Coordinator

E.P.O.C.

I have always believed that great leaders were people who inspired, were visionary, and took charge of the situation. Through my time at Minnesota State University, Mankato I have learned what it truly means to be great leader. My involvement in various organizations and experiences, has helped me develop and refine my leadership skills, values, and personal style. At the same time, I became aware of leadership qualities I need to improve on. I have acquired a leadership theory that I will build upon personally and professionally as I strive to achieve my goal of becoming a great leader in the Chiropractic field.

During my first year at MNSU, I began identifying and reflecting upon different leadership facets and values. I found myself truly understanding what it meant to be great leader. I completed the **Strengths Finders** assessment. This made me aware of my personal leadership qualities: achiever, arranger, responsibility, input and significance. The assessment showed me ways that I can help a team reach a common goal. My awareness of leadership qualities and theories continued to grow as I took on the role of **President of Community Council**. I began to identify and reflect on my own leadership values. This also enabled me to form connections between my experiences and helped me see the effectiveness of my own leadership strengths. My first year in college, helped me see how to develop the skills and establish a framework for my own leadership style.

Entering into my second year at Mankato State, my leadership saw great advancement in my multiple roles on campus and within the community. This highlighted my own leadership theory, as well as allowed me to assess my major weaknesses. One experience which was very helpful for this was my participation in **L.E.A.D, L.E.A.D. 2.0, and Leadership U**. I began to observe and critique leadership models within groups. In a controlled setting with many learning about leadership, it was beneficial to sit back and observe different leadership styles. I further developed my own practices and worked on areas that I lacked.

I was able to begin using my personal theories and values of leadership within a group when I became the **Pre-Professional Learning Community Coordination** for two years. In this experience, I worked as a mentor for incoming freshman students looking to pursue a career in Medicine. This fostered academic success, community involvement, and leadership opportunities for my students. I found that in one-on-one mentorship I was enabled to develop core leadership principles for myself. In my first year, I was able to test out select leadership styles that I had observed previously. As the year went on, I realized that I was successful with connecting to each of my students in one-on-one mentoring. Though, I realized that I struggled with connecting effectively with all of my students in a large group. Into my second year, I recognized my weaknesses and established a collaborative space for all students in large groups. I was able to fine-tune one-on-one time, empowering my students and building their trust as I helped create a warm and welcoming environment that all too felt at home. I often worked with other Learning Community staff in order to make the learning community experience enjoyable for the students. I found that my time as an LCC, helped me establish and perfect my leadership theory.

Finally, I was able to form and solidify a general leadership philosophy and implement it into a new group setting; I became a member in the **EPOC** Minnesota. This is a Chiropractic group, that holds a monthly meeting to discuss philosophy, science, art, and politics in the Chiropractic Profession. In this experience, I was able to implement everything I had learned about team-based leadership as well as utilize my leadership strengths and values. I have been able to use my leadership skills in an independent setting other than college, entering into my line of work and networking with other leaders in my profession. I hope that all of my leadership experiences will help me have a positive impact on my patients by being honest, respectful, and a strong leader who will serve and support my patients.

Each of my experiences over my time here at Mankato helped shape my leadership. I have learned what it truly means to be a great leader and strive to exemplify this in my own leadership philosophy and take the necessary steps to correct my shortcomings in leading large groups of people. As I move through my professional career, I will be confronted with situations that require me to be a team player and step up as a leader, and the experiences I gained during my time here have given me the confidence in my abilities to perform effectively in any of the roles that I take on.

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“There is nothing more exciting than having a life devoted to the fundamental knowledge and to contribute to advance the borders of knowledge.” (Fabiola Gianotti)



Research is a significant skill to have, and within the Chiropractic field, it is a skill that is desperately needed. Research is something that I have developed a great passion for, but it took a great deal to see the significance and to develop an understanding for its benefits. When I started at Minnesota State University, Mankato, I knew very little about what research entailed. I have learned that research is the advancement of knowledge in a particular field by combining existing information with new observations. Through making observations, asking questions, forming of hypotheses, and doing experiments to test the hypotheses, I have learned the necessity for more research. I have now developed a strong foundation in research, in which I will build upon throughout the rest of my academic and personal career. I will utilize evidence-based research to grow and improve in my career as a Chiropractor.

I first learned about research during my Intro to Honors course, in which I began to develop a framework of understanding for research. I developed skills such as information literacy, synthesis, and became familiar with methods for conducting ethical research. I demonstrated my understanding in a [research essay](#). I began to understand strategies for assessing and utilizing the credible sources. I formed a strong foundation of knowledge in research. This supported me as I progressed in my future research projects.

In my Introductory Biology classes ([BIO 105](#) and [BIO 106](#)), I developed many essential skills that I have utilized as I continue toward developing original research. In my [BIO 105](#) course, I conducted the first of many lab reports for my major. By researching credible sources and synthesizing the information that was utilized in the reports, I developed my research competency tremendously. Through the writing of the reports, I learned how to use my prior experiences and knowledge of accessing and utilizing credible sources to portray the background of the reports. I was able to reflect on the synthesized information and draw my own conclusions about the data that was collected in the lab. I rationally saw how this research can now contribute to the base knowledge. In my [BIO 106](#) course, I conducted my first research project on my own. I used the scientific method to develop this research. I first made an observation, formed a question and hypothesis, and then developed a methodology for how to conduct an experiment to test my hypothesis. Reflecting on the experiment, I can see how I used the information I had to create an experiment of my own work to effectively and ethically accomplish my research goal.

After having experiences researching information and sharing my findings, I then began to further develop my research competency by utilizing research findings to create implications in my [Multi-Genre Research Paper](#). This final project allowed me to see how research can be displayed in multiple ways and find the most effective way to portray the research done to the preferred audience. I was able to construct a multi-genre research paper by consolidating information from multiple reliable sources and present coherent, integrated statements of the overall controversies of the Chiropractic profession. I further learned about the ethics of research and how to demonstrate information in multiple ways while still effectively displaying the research done.

Having a solid understanding of research at this point in my college career, I sought out research experience under MNSU's histology professor, Dr. Bentley. I helped Graduate student, Katie Rubitschung, in her research of [Mineralization and Structural Anatomy of Bone from Male C57/BL6 Mice with Reduced Testosterone Levels](#). In my year of researching under Katie Rubitschung, I learn a substantial amount about what it takes to complete original works of research. I was able to contribute first hand to the base knowledge of what is known about the effects of hormone levels on bone density. I learned that the ethical research is essential in every experiment and to contribute to the base knowledge of society, I must become efficient in critically analyzing information. I utilized the skills I developed to conduct original research.

I conducted my own original research at Minnesota State University, Mankato under the provision of Dr. Leah White. My undergraduate research project titled "[Parent Perspectives on Pediatric Chiropractic Care](#)," was created by developing and conducting a survey to better contribute to the understanding of the attitudes and pre-conceptions of chiropractic care on children. I used my previous knowledge and experience of conducting ethical research in this project. I was also given the opportunity to present my project at the Undergraduate Research Symposium (URS) virtually due to the COVID-19 virus. This process showed me all the intricacies it takes to present research. The steps to achieve my goal of dissemination of my research took on many forms: submitting the abstract, creating the poster, and presenting the poster at the conference. I learned that I must be able to present research in a way that it can be conveyed to a wide audience. I was able to use my accruing skills to complete this final project.

Each of my experiences over my time here at Mankato helped shape my research experience. I have learned what research truly is and how to conduct ethical research to contribute to the base knowledge of society. As I move through my professional career, I am interested in continuing to research and acquire knowledge about the Chiropractic profession. The experiences I gained during my time here have given me the confidence in my abilities to perform effectively in my research capabilities.

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"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change" (Barack Obama)

[Intro to Honors](#)

[Honors Language Partners](#)

[ASL](#)

[Study Abroad](#)

My definition of culture has greatly changed throughout my time at Minnesota State University, Mankato. Growing up in a town of about 800 individuals, my view of culture and diversity was greatly limited. Through various experiences, I have gained a new view of the world and a better understanding for the diverse place we call home.

My journey in this competency started while in the [Introduction to Honors class](#). I made many crucial revelations in regards to culture, which inspired me to identify ways I can interact with people with different backgrounds than me. Through asking questions, I began to discover more about various customs, practices and perspectives. I discovered that much of culture is not visibly apparent, and what we see externally of culture is simply the tip of the iceberg. Understanding their perspectives and customs, I was better able to realize my own culture. Growing up, I thought culture was something that only other people could have, but I slowly learned what my own culture is and how to be an effective member of our culture. I found that a person's geographic location and ethnic background did not define their culture. I was inspired to go further to learn more about other cultures and I did just that when I became a I.P.E. tutor.

During my second year at Minnesota State University, Mankato, I decided I wanted to help volunteer part of my time each week to help international students learn and better understand the English language. I became an [Honors Language Partner](#) through the Intensive English Program or IEP. Every week, I worked with Grace and Hu to improve their English language competency. This experience helped me develop in both self-awareness as well as knowledge and understanding areas of global citizenship. I was able to interact with members of a variety of cultures and backgrounds. Though the discussions, sharing of stories, and doing life together, I was able to better understand the beliefs and values of the cultures of those students. I gained insight into how unique each culture is and the differences in the lifestyles within each culture. Sharing a few hours each week with these students helped me further realize that culture is so much more than where you were born. I found that language was an essential tool that gave greater insight into one's culture, so I set out to learn a second language.

To complete the communication section of the Global Citizenship competency of the Honors Program at Minnesota State University, Mankato, I advanced through the [American Sign Language](#) courses and immersed myself into the Deaf Culture. This course gave me incredible insight into the Deaf culture and knowing how to properly sign. My deepening awareness of the concepts between language and culture started. I learned that language is an essential tool that can give a person insight into a culture that wouldn't have otherwise have been seen. This helped give me a new perspective of how I view the world around me. I now can better understand the obstacle that people must overcome to become comfortable in a culture other than their own.

During the Spring Break of my senior year at Minnesota State University, Mankato, I was excited to [Study Abroad](#) and to complete my Global Citizenship competency for the Honors Program at MNSU. My trip was scheduled to leave on March 7th and return the 16th, but a week prior to the flight I received an email from the president of the university. I found that due to the Corona virus, that all international travel had been banned until further notice. The pandemic of the Corona virus has greatly impacted the lives of many and resulted in a global scare. I found myself greatly disappointed, but after reflecting on what could have been, I now see that there was a greater lesson to be learned. I have found global citizenship is not simply showing respect for others but it is a complex network of practices, structures, and perspectives. When the COVID-19 virus originally emerged, I was greatly upset that my opportunity to learn about global citizenship was taken away from me. But I have learned that it actually gave me greater understanding for the interconnections of the world and how our actions can greatly impact the world around us.

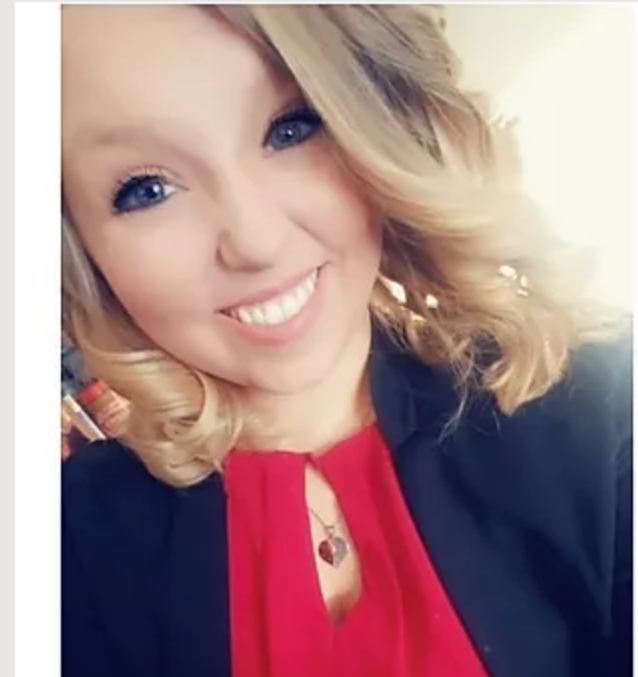
Through all of my experiences, I no longer view the world through the eyes of a small-town girl who knew little of cultural experiences. The development of my global citizenship competency has allowed me to relate my life experiences with a newfound knowledge. I still have much to learn, but I now have a strong framework to continue asking questions and seeking understanding of the multicultural world in which we live. This will help me in the future as a pediatric chiropractor. Knowing that other cultures have different values and beliefs from my own and understanding my own personal biases will help me provide culturally competent care for my patients.

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Looking forward to answering your email

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