

**Emma  
Knutson**  
MNSU Honors Student

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# Welcome!

## A little bit about me,



Hello! Welcome to my portfolio! I am Emma Knutson, an honors student at Minnesota State University-Mankato. I am a private studio teaching dance major, and a marketing minor and am planning to graduate spring of 2023! From there I would like to teach and choreograph dance in competitive studios!

**My Mission:** My mission as an MNSU Honors student is to continue to push myself and grow through the competencies as well as to train and gain as much knowledge about dance as possible so when I go into the industry, I am prepared, well rounded, and able to be successful.

Leadership

Cultural Engagement

Research



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# Leadership Competency

## 2019-2020



My top leadership values from the strength finder were: empathy, achiever, developer, learner, and restorative. I think all of these values are really accurate in my leadership style because they are all things I find important. I wasn't surprised by any of the values I received, and they all actually make a lot of sense. I'm excited to learn more about them, and how to use them effectively. I think I have a lot of potential to be a great leader and I want to tap into all that I can do with that, in introduction to honors, but also in my everyday life. I knew empathy would be my first strength because I'm filled with it. Most everyone that knows me, knows that I have so much empathy for others. The achiever and developer make sense as well because I am super determined and always want to do my best in everything. I can never do anything to half of my ability because I get so upset with myself. In general, I strive for perfection, which isn't always the best thing, but it helps me to never give up and try my best in everything. I apply restorative in my life by helping to restore relationships, or even just people's confidence in their self. I tend to be the person who others want to be around when things are rough or not going super well because I understand and feel for them. I want to help them. It almost feels like it's my duty to help them. Being able to work with others in a safe, responsible manner is the main way I want to be a leader. The strength finder was definitely beneficial and I am very glad that I took it. I think it shows me what I should work towards and how to use what I have to my best ability. This activity helped me achieve level 1 because I was able to identify leadership values and the roles they play in my daily life, and reflect on the type of leader I am, and how to make myself a better leader for the future.



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## 2020-2021

## 2021-2022



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# Intercultural Engagement

## 2019-2020



### The Danger of a Single Story TED Talk by Chimamanda Ngozi Adichie

In HONR 201, we had the opportunity to listen to the TED Talk, "The Danger of a Single Story" by Chimamanda Ngozi Adichie. Chimamanda talks about dealing with others when they only think of a single story, rather than the whole picture of identity. Chimamanda is from Nigeria and we find out about how she lives her simple, yet fulfilling life there. This all changes when she comes to America. She is asked questions that come off offensive and is treated less than by others of different global identities. Her hardships, successes, and struggles all have gotten her as far as she has come and I am beyond proud of her for finding her voice and global identity through her own experiences. This activity helps me achieve the first two levels of global citizenship because I was able to form my own opinions, questions, and thoughts about mine as well as others global citizenship. It also works because I am able to find differences in culture, experiences, and each personal identity around me. I am excited to experience more cultural differences and take opportunities to learn about others and their cultures.



[global citizenship reflection - pdf.pdf](#)

## 2020-2021

## 2021-2022

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# Research Competency

## 2019-2020



In early March, our HONR 201 class attended a "research lab" in the library. We talked about research, how to use information in front of us, and how to really understand if the information we are using is indeed real and accurate. This activity really pushed my knowledge of research, where to find it, and how to understand it. I haven't done a lot of research in my life so by taking part in this activity, I was able to get a stronger understanding of how to utilize research websites and articles to find the best information on certain topics I will be researching in the future. I can now synthesis information in a more effective way through applying the techniques we learned and used in the activity. I can synthesis and evaluate research websites and articles to determine if they are acceptable by looking at dates, authors, information in the articles itself, and how many times the websites and articles have been used. By doing these things, I am also growing my information literacy because I am using my integrated abilities to: find information and know how to understand it, know how to use information I come in contact with, and learn how to organize it in a way that myself and others will understand when I deal with research in the future.

This activity helped my achieve levels 1 and 2 because I was taught what to do when you find information, how to organize and evaluate information, and understand and reflect as we gather information through problem solving, and digging deep into sources given. I also think it achieves level 2 because I felt like my reflection of the activity is really strong and demonstrates how to deal with knowledge as it comes, as well as what to do when I'm not 100% comfortable with what is given to me.



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[Open Access Research Reflection](#)

## 2020-2021



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