

Kaitlyn J. Golen

Golen3617@uwlax.edu

(920) 980-1789

November 30, 2023

Dear Scholarship Committee,

My name is Kaitlyn Golen, I am applying for The Dr. Becky J. Smith Scholarship. I am a senior at the University of Wisconsin- La Crosse studying Public Health and Community Health Education and am extremely passionate about being on this path. Once I decided on this, I dove headfirst into any related opportunities I could get my hands on. I first joined our local chapter of the National Health Education Honorary Eta Sigma Gamma, Beta Phi and worked my way into the executive board first serving as Research Chair and now as Co-President. I also landed an on-campus job as a Peer Health Advocate to promote health and wellness in the student population. Further, I look to immerse myself in a collection of other related experiences like joining the Area of Health Centers (AHEC) program to supplement my education, publicly speaking at the YUSAs Gen Z Talks About Mental Health panel, completing two advocacy summits, as well as complete an 8-week internship program at Sheboygan County Health and Human Services- Public Health Department. Recently my research team also submitted an abstract to SOPHE in hopes of spreading word of our work with mental health and community resiliency. These experiences serve immense value to me as my passion continues to grow with every Public Health opportunity I am provided.

Because of my internal flame for Public Health, I will continue my efforts like some of these after graduation. I will be graduating with my degree in Public Health and Community Health Education in May of 2024 and plan to sit for the October 2024 CHES Exam. I also look forward to joining national organizations like SOPHE and APHA to enhance my involvement in the Public Health field as well. Career-wise I aim to be a health education specialist in a college

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setting as I have done a lot of work in this aged population and would like to continue pursuing wellness in a college setting.

All to say, I do bear the weight of financial stress. I started working when I was 15 as a busser at a local restaurant. Then I began serving and have been in this type of job paired with my schooling since 16. Through high school I was able to save up a decent amount to help me pay for college, however, that money quickly ran low. While I usually have the privilege to make ends meet financially, it has gotten more and more challenging in the last couple years of my undergraduate education and contributes greatly to my stress. Receiving The Dr. Becky J. Smith Scholarship will provide me with some relief while I finish off my last year of undergraduate education. Further, being granted this scholarship will help set me up for post-graduation life and beyond. Ultimately, this Scholarship will aid my ability to perform my best work in the Public Health field by relieving some of the financial stress I hold.

Thank you for your consideration and continued efforts to help advance health educators.

Sincerely,

Kaitlyn Golen

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Pronouns: She/Her/Hers

Senior at University of Wisconsin- La Crosse

Public Health & Community Health Education Major

Peer Health Advocate

AHEC Scholar 2023 Cohort 5 - North Central

Eta Sigma Gamma - Beta Phi: Co-President

