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### Living, Learning, and Leading at Linfield College

Kelsey Bruce Linfield College

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# Living, Learning, and Leading at Linfield College A Reflection on Four Years at the Best Liberal Arts College in the Pacific Northwest

Kelsey Bruce Biochemistry & Molecular Biology Major Communication Arts Minor

Why Linfield?

55 49 majors & 46 minors

№ 10:1 student to faculty ratio

Mumerous study abroad opportunities (including

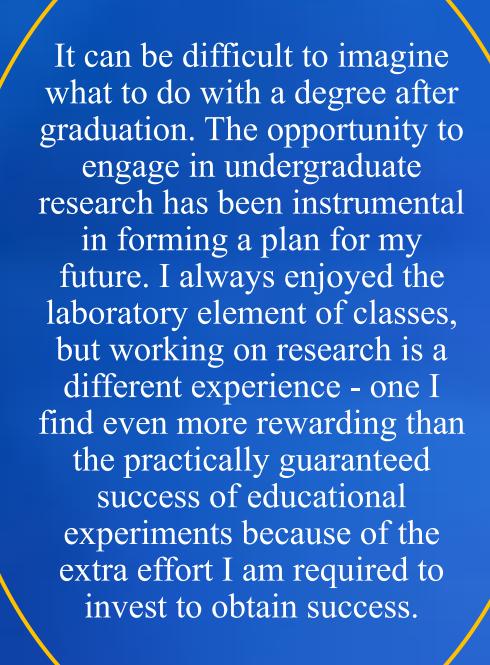
© Opportunities to continue my forensics career

En Close to home in Hillsboro, OR



## Research

As a freshman I applied for the opportunity to get involved in Linfield Undergraduate Research. I work with Dr. Megan Bestwick developing an assay to use fluorescent tags for detection of in vitro DNA transcription.



Studying abroad in Galway, Ireland was a phenomenal experience, and it was especially valuable for me because it affirmed my passion for research and made it clear to me that this was something I needed to pursue as a career. By about the second week away from the lab, I started missing my *E. coli* - something I never thought I'd say! Though I missed my studies and research, it was reassuring to find my passion for my field was so strong. It makes me certain that this is something that will be a good fit for me in life.

Research offers the opportunity to solve problems, collaborate, draw from and add to our collective knowledge, and feed my intellectual curiosity. I have had the opportunity to collaborate with peers in labs at Linfield, present at regional and national conferences, and learn a great deal from my mentor.

A support network is essential for

success. Moving to a new city meant

building a new network from the

ground up. When I joined the Res Life

team, I found a large, diverse

community invested in the growth and

support of all community members.

They celebrated my triumphs - in

forensics, academics, and day to day

life - and helped me work through

growing pains - conflict with

coworkers, time management, and

selecting my priorities.

Living in a residence hall is an iconic part of any college experience. Joining the Linfield Residence Life team took

There is an axiom prevalent in the study of communication: one cannot not communicate. Every relationship we are engaged in, no matter the level of intimacy, presents a myriad of opportunities for communication. Increasing awareness of these opportunities makes us more conscious of the messages and methods we use to communicate.

The ability to be persuasive is something that will be useful in my career as I write grants to obtain funding for research. In the meantime, the community has given me a platform to be an advocate for a multitude of causes. In the forensics community, I have raised awareness of Deaf Space architectural design, the role concrete and ineffective city design plays on our health and climate, the erasure of women in nerd culture, and much more. I bring this research and other factoids I learn in debates into daily conversations, enriching discussions there and advocating for change.

Forensics

My passion for speech and debate is a

core part of my personality. The skills I

develop, community I share, and leadership opportunities I have had with

forensics are invaluable.

When I found out that I could channel my passion for forensics into an academic discipline and be recognized for that work, I decided to embrace the opportunities at our liberal arts institution. Not enough scientists are able to communicate what they do and why it is important. I aim to be part of the solution by engaging in rigorous practice and developing these skills in my peers.



my living experience a step above.

oh so little, but oh so difficult word, "no."

Working in Residence Life gave me an opportunity and excuse to invest in creative outlets. Planning events, decorating our hall, and problem solving with my residents gave me a chance to be crafty and develop better interpersonal skills. I also connected with coworkers for biweekly destress sessions of D&D, something I always had an interest in, but hadn't found time or community to engage with before joining the staff.



One of the best things about the Residence Life community is their commitment to wholehearted wellbeing and self care. This is something I had little experience with - my academics had previously been a top priority, even above my health. Living in this community, I learned how to prioritize myself, find healthy coping mechanisms, and say that

