




GRACE RODGERS



ABOUT ME



I am a digital-focused journalist and environmental enthusiast with innovative news writing, video editing, and social media marketing skills. I work hard to live sustainably and protect the environment on an individual, local, and global scale. I hope to raise awareness of how rethinking and changing everyday habits can make a big difference for our planet.

“YOU CANNOT PROTECT THE ENVIRONMENT UNLESS YOU EMPOWER PEOPLE, YOU INFORM THEM, AND YOU HELP THEM UNDERSTAND THAT THESE RESOURCES ARE THEIR OWN, THAT THEY MUST PROTECT THEM.”

—WANGARI MAATHAI



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Journalist | Environmentalist

PROFILE

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EDUCATION

American University | Washington, DC

GPA 3.91/4.0 | Bachelor of Journalism | 2016 – Expected May 2020

Boston University | London, England

GPA 3.93/4.0 | Journalism Internship Program | Jan 2019 – April 2019

EXPERIENCE

Executive Producer | Segment Anchor | *ATV NEWS* | Washington, DC

Content Editor | Recruitment & Broadcast Supervisor | Sep 2017 – Present

Writer | Events Director | *AU HerCampus* | Washington, DC

Reporter | Community Engagement Strategist | Jan 2018 – Present

Student Ambassador | *AU School of Communications* | Washington, DC

Prospective Student Liaison | University Representative | Jan 2020 – Present

Multimedia Contractor | *Defenders of Wildlife* | Washington, DC

Video, Photo & Audio Editor | Asset Manager | June 2019 – Dec 2019

Editorial Intern | *SHOWstudio* | London, England

Reporter | Liaison Between Editors & Brands | Feb 2019 – April 2019

Executive Assistant | *Capitally Magazine LLC* | Washington, DC

Business, Financial & Advertisement Administrator | Jan 2018 – Dec 2018

SKILLS

Digital Production

Adobe Premiere Pro | Adobe Photoshop | Adobe After Effects |
Adobe Audition | Adobe InDesign | Adobe Illustrator | Final Cut Pro X
Google Suite | Microsoft Office | Wordpress | Front-end HTML

ACCOMPLISHMENTS

Kappa Tau Alpha | The National Honor Society for Journalism

Ron Sutton Visual Literacy Award | American University Vision Awards

Dean's List | **Early Identification Merit Program** | American University

A black and white photograph of a young woman with long hair, seen from the side, resting her head on her hand while working on a laptop. The laptop screen displays a list of items, possibly a menu or a list of tasks. The background shows a view of a campus with trees and buildings.

American University sophomore Julianne Delia, 20, rests her hand on head as she often does during final exams to help keep her head high.

THE STRESS EPIDEMIC ACROSS COLLEGE CAMPUSES

WRITTEN BY GRACE RODGERS

THE INCREASING NUMBER OF STUDENTS EXPERIENCING STRESS IS NORMALIZED ON COLLEGE CAMPUSES AND HAS ESTABLISHED ITSELF AS A NEW TYPE OF CULTURE - STRESS CULTURE.



VIDEO INTERVIEW
<https://youtu.be/a8sRf94Ml8M>

April 30, 2018

"I'm a senior now with over 20 credits trying to graduate next month. This is undoubtedly the most stressful time of my life," Branson Falker said.

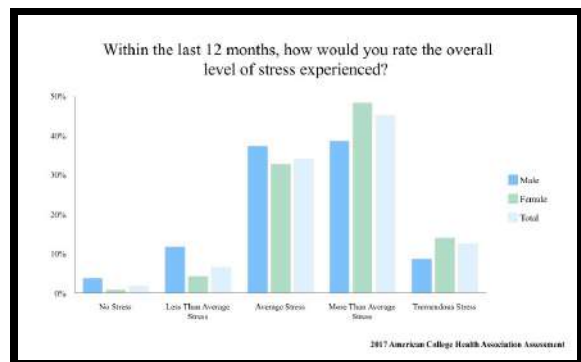


Figure 1

Falker, a student at Howard University, echoes the 30.6% of students who reported stress as the No. 1 factor impacting their academic performance in the **2017 American College Health Association Assessment**. Over the last 12 months, 45% of college students nationwide rated their overall stress level "more than average" (Figure 1).

This increasing number of students experiencing stress is normalized on college campuses and has established itself as a new type of culture – stress culture.

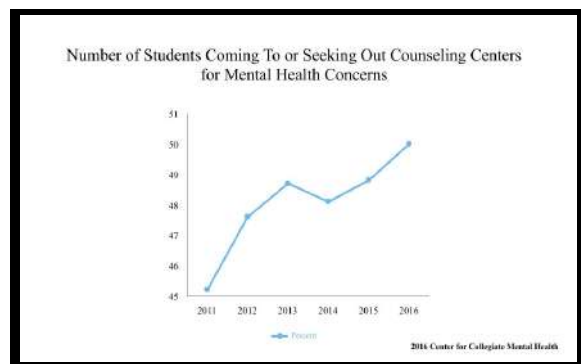


Figure 2

As a result, the number of students coming to or seeking out counseling centers for mental health concerns increased from 45.2% in 2011 to 50% in 2016, according to the **2016 Center for Collegiate Mental Health annual report** (Figure 2). The study, which followed up on "top-most concerns," reported that 27.7% of clinicians said anxiety is a primary concern among their clients.



Dr. Deardre McGuire, a licensed clinical social worker and former Georgetown University counselor, began her practice in 2009 and specializes in young adult mental health. About a quarter of McGuire's current clients are undergraduate and graduate students.

McGuire said the rising stress culture on college campuses is a continuation of the increased pressure put on students in high school. "There is an increase in expectations of students to have amazing extracurricular activities to even get into college," McGuire said. "And then once students are at the university level, I don't think that it wanes. I think it just continues."

Delfina Barbiero, a senior undergraduate student at American University, said the stress of senior year is working on both semester schoolwork and job applications. Barbiero said she is anxious about the next transition period when she will no longer be a student.

"It's not just about managing your stress, but about managing your confidence as you're going into the workforce or graduate school," Barbiero said.



"While working with first generation college students, I often associate their experiences with imposters syndrome - the feeling of being an outsider. I think students sometimes need a reminder that they absolutely deserve to be here."

- Camille Clark

Kierra Chinn, a graduate student at Georgetown University, said she felt a change in stress levels between undergraduate and graduate school. As an undergrad, Chinn's life revolved around college. However, in graduate school, she has other factors playing into her life, including work, school, family, friends, health, bills and much more.

"There is definitely not enough time to do everything, so something has to get sacrificed," Chinn said.

The American University (AU) student-run newspaper, The Eagle published an editorial, **"Stress is not the benchmark for student success,"** in which the Eagle Editorial board wrote about students' demanding schedules and how the campus culture contributes to student stress.

"There is a notion on campus that if a student is not stressed, they must not be busy enough - which, of course, causes that student to stress," the editorial said. "Students feel pressure to do everything, when in reality, doing everything is just not feasible."

AU prospective students are often taught this mindset by Student Ambassadors, who mentor incoming students across the university. Coordinator of Multicultural & First Generation College Outreach **Center for Diversity and Inclusion (CDI)** Camille Clark said prospective students receive the message that they have to be overly involved to become an "AU WONK," and know everything forward and backward.

Over the past several years, Clark has seen an increase in the number of students visiting CDI for stress management. She said AU's competitive environment contributes to this, often rewarding overly involved students.

"As a university, we need to work to eliminate that stress culture that students see as being a typical AU student," Clark said. "I think we don't say enough that students should take care of themselves."

Julianne Delia, an American University sophomore and AU Ambassador, said the school should have more activities to help students cope with stress. She said students are stressed not just during midterms and finals but throughout the entire semester.

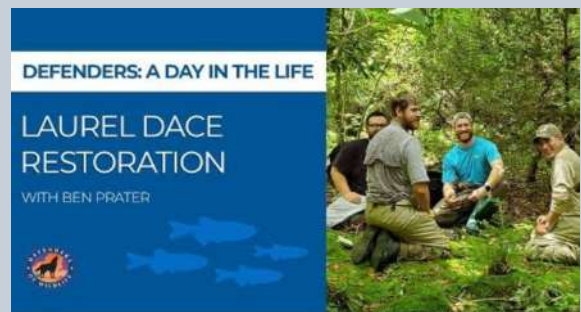
Back at Howard University, Falker works through his final days as an undergraduate. "Learning to manage stress is essential for every college student. Of course, it's also up to the students, staff and faculty to work together as a campus and, hopefully, alleviate some of the stress on everyone's shoulders," Falker said.

***Reported in an American University
COMM 320 Reporting Course***

DEFENDERS OF WILDLIFE

VIDEO SAMPLES

For the past six months, I have worked with Defenders of Wildlife and assisted the multimedia producer with the assembly of video, photo and infographic content. I primarily worked on the "Day in the Life" series, which took audiences through the day-to-day activities of Defenders of Wildlife staff. I edited the footage and designed corresponding graphics using Adobe Photoshop, After Effects, Premiere Pro and In Design. The videos were published on YouTube, Twitter, Instagram, LinkedIn and Facebook to over 200,000 followers. These are three examples of the videos I produced for the "Day in the Life" series.



Defenders: A Day in the Life - Laurel Dace Restoration
<https://www.youtube.com/watch?v=nNkTRpW6E00&t=0s>



Defenders: A Day in the Life - California Congressional Meetings
https://www.youtube.com/watch?v=YwVsRh1n_h8&t=0s



Defenders: Day in the Life - Gopher Tortoise Excavation
<https://www.youtube.com/watch?v=aC1DlpzTtNc>

RECOMMENDATIONS



BRITT FAULKNER

Multimedia Producer,
Defenders of Wildlife

"Grace seizes every opportunity to inject creativity, enthusiasm and innovation into her work. She is a self-motivated creator, an organized producer, and an absolute joy to be around. She has been essential to the success of multimedia production this summer through her open sharing of ideas and collaborative spirit. We're hoping to hire her on as a part-time contractor through her senior year because she has been so invaluable to me and the larger marketing team."

EMILIA FERRARA

Editor-In-Chief,
Capitally Magazine

"Grace has always been organized, responsible and accountable in all things. She has demonstrated maturity beyond her years, self-discipline and an outstanding work ethic. Additionally, Grace has grown in her editing, diplomatic, team management and pivoting skills -- which are all key to being a great leader. Her extraordinary kindness and joyfulness are hard to come by."

She has demonstrated very well her ability to see where a story needs to be cut, where a writer needs to rewrite, and how the overall message of the story may need to be reorganized. She has always been detail oriented in terms of her personal and professional organization, but it is quite another to be detailed oriented while still honing the essence of a story."

