Kaitlyn Frump
Division IV Vice President

We asked Kaitlyn's peers to describe her using one word...

**Scholarship Qualities**
- Determined
- Smart
- Dedicated
- Intelligent
- Hardworking

**Fellowship Qualities**
- Outgoing
- Tenacious
- Brave
- Confident
- Compassionate

**Leadership Qualities**
- Motivated
- Inspiring
- Ambitious
- Focused
- Charismatic

**Service Qualities**
- Driven
- Powerful
- Persistent
- Resilient
- Talented

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**Life Achievements**
- President of the Alpha Sigma Theta Chapter
- Southern District Regional Officer of the Rocky Mountain Cascade Region
- First winner of the Horatio Alger Scholarship in Mesquite, Nevada
- Successfully mentors others on how to win scholarships
- Received over $100,000 in scholarships
- Currently in the process of getting primary research published
- Helped to organize a service project that raised $40,000 in monetary donations and 8,000 pounds of food donations
- Have completed 100 hikes in Utah and I still have 100 more on my bucket list.
- Frequently go cliff jumping
- Advocate for my autistic brother
- Volunteers with the Special Olympics
- Local board member for Relay 4 Life
- Tutor students in for free
- Mentor college freshmen on how to become more involved during their first semester
- Southern District Regional Officer of the Rocky Mountain-Cascade Region
- Successfully mentors others on how to win scholarships
- Future life coach
- Future personal trainer
- Have been bungee jumping twice
- Future CEO of a non-profit
- Future personal trainer
- Motivated
- Inspiring
- Ambitious
- Focused
- Charismatic
- Driven
- Powerful
- Persistent
- Resilient
- Talented

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**Fun Things About Me**
- President of the Alpha Sigma Theta Chapter
- Received over $100,000 in scholarships
- Helped to organize a service project that raised $40,000 dollars in monetary donations and 8,000 pounds of food donations
- Current board member for Relay 4 Life
- Successfully mentors others on how to win scholarships
- Future life coach
- Future personal trainer
- Motivated
- Inspiring
- Ambitious
- Focused
- Charismatic
- Driven
- Powerful
- Persistent
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We asked Kaitlyn's peers to describe her using one word...
Today I have noticed an issue in relation to the decline in fitness, especially when it comes to youth. I found secondary research that social media is seen as “bad” and it has also caused a decline in fitness all around. I have experienced many good things regarding social media, so I looked closer. I found social media has an equally positive and negative effect on today’s youth, which is dependent on how they are taught to use it. I decided I would like to do my part and meet the youth of today where they are online, which is currently Tik Tok. Instead of shaming youth for their internet use, I use social media to challenge my viewers to achieve fitness goals. Within two months of doing this I had 55,000 followers and over half a million likes. I also have had people sharing their success stories and my videos have gone international. This primary research truly shows if we meet people where they are, instead of where we want them to be, we can get a lot accomplished. Here are a few of their stories...

"I just thought you should know, because of you, I decided I'm going to get back on track with my weight and start working out again. A lot has happened to me and I gave up. But, I have to push myself. So thank you, for showing me what it's like not to give up."

"Hey I found your account by accident and I wanna say you inspire me. I'm overweight and it hurts me and when I go to the gym I get laughed at. So now I have someone to help me - your videos - to feel more confident and comfortable as myself."

"You are my new motivation! Been doing your 30 day ab workout!! Can't wait to see my 30 day results!!"

-Nina Pearce

-Ashlee Kumar

-Lilli Bouvet

-Meet them where they are.

-Intro

"Only a life lived for others is a life worthwhile." - Albert Einstein

Works at RISE Services Inc
Regional officer at Phi Theta Kappa Honor Society
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