

Significant Contribution: Research focused

My most significant contribution came from the research I did during my Master's that led to the publication of a paper "*Occurrence of antimicrobials in the final effluents of wastewater treatment plants in Canada.*" This project, which focused on the effects of wastewater on aquatic ecosystems allowed me to become a leader in the research community analyzing human impacts on aquatic systems. I was able to present my work widely at several conferences, increasing my communication skills and expanding my professional network. The project also taught me valuable skills in the lab which I can put into practice as I continue my research on aquatic ecosystems in my PhD. By publishing groundbreaking new research which has been highly cited I have begun to make an impact on the field of research I intend to specialize in throughout my career.

Significant Contribution: Work Focused

My most significant contribution comes through my role as fundraising coordinator at the Saskatchewan Division of Mental Health Canada. In my role I worked with a team to raise money to fund the various supports and educational programs run through the division. My experience in this position taught me the value of building strong community partnerships to push forward the goals of research as well as ensure that people in need get the treatment they deserve. Working as a lead for the fundraising team also gave me valuable skills that I can use throughout my graduate studies as I work with varied people to accomplish the goals of my research on anxiety in youth populations. Working firsthand with an organization that supports those with mental health challenges has allowed me to see many issues from a real-world vs. a strictly academic perspective. This perspective will better prepare me for sharing the outcomes of my work as well as finding community partners to distribute my findings. I know I can use all of my experience in my Master's work to ensure that the research I do will be best positioned to help those people that need it most.

Significant Contribution – Volunteer focused

My most significant contribution was being a manager to my son's tackle football team. By helping the team with the organization of equipment, team fees, fundraising, practice scheduling and communicating important information to the player's parents. As well as dealing with any parent/coach conflicts. It really gives me joy to provide this organization to my son's league. By volunteering in this role it gave me joy to coordinate and organize everything for my son's league and this also showed me how important an administrative role is to an organization. This is one of the reasons I have chosen to do my degree in Masters of Public Administration.