

Sam Lute

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EDUCATION

Pacific Lutheran University (PLU), Tacoma, WA

Bachelor of Arts - Psychology, summa cum laude, May 2023

- Minors – Anthropology; and Gender, Sexuality and Race Studies
- Honors Program – Major GPA: 3.80/4.00; Overall GPA: 3.60/4.00
- Course Highlights – *Psychology of Gender; Women and the Law; Feminist Understanding of Victims; Women and Violence; Self-Concept; Race, Gender, and Sexuality in the Media*

RESEARCH EXPERIENCE

Research Assistant, September 2022 – Present

Psychology Department, PLU

- Coded interviews of 60 parents describing their discipline practices and entered data into SPSS to document results of qualitative research
- Wrote 7 essay drafts of research findings and finished a published version within 4 months to present to the Couples and Family Therapy Center staff

Lab Tech, January 2022 – March 2022

Psychology Department, PLU

- Ensured that Stress/Relaxation Lab equipment was continually updated and functioning well by performing a operations check each month
- Calibrated relaxation induction equipment every week to make sure students using the lab would record accurate data
- Recorded and tracked data for over 200 students each semester while providing training on how to appropriately use lab equipment

RELEVANT PROJECTS

“To Report or Not to Report: A Multifaceted Decision-Making Process”

Directed research with Dr. Sherry Spater, J-Term 2022

- Collaborated with local relationship violence support center and interviewed 9 victims regarding factors that encouraged or inhibited reporting the violence to law enforcement
- Presented paper at PLU Undergraduate Research Symposium in front of an audience of 30+ people

“Understanding the Relationship Among Television Exposure, Parenting Style, and Adolescents’ Likelihood to Report Sexual Assaults”

Final paper for Gender and Violence course, Winter 2021

- Analyzed national database survey responses from adult women who had experienced at least one sexual assault occurring between the ages of 10 and 20
- Conducted chi square tests on 1238 participants and wrote 19-page paper to present literature review, methodology, results and discussion

WORK EXPERIENCE

Peer Career Educator, September 2022 – Present

Alumni & Student Connections, Pacific Lutheran University

- Review about 10+ students’ resume and/or cover letters per week through email, a Google Meet, or in-person, for formatting, content, and clarity
- Created and facilitated a resume workshop in 4 first-year student courses to increase student awareness of the location of our office and our services
- Developed personal project on highlighting a diverse group of alumni to showcase in our building with a picture, and a plank engraved with their name and accomplishments

Peer Health Educator, September 2021 – May 2022

Health Education Leadership Program, Pacific Lutheran University

- Presented information on various health-related topics to at least 5 groups per semester ranging from 5 to 60 participants
- Organized 2 fairs and 3 events that promote health and wellness, such as *Healthy for the Un-wealthy*, a demonstration where students could learn simple, inexpensive ways to cook meals

Psychology Tutor, September 2020 – May 2021

Department of Academic Assistance, Pacific Lutheran University

- Tutored approximately 6 students weekly in 1-on-1 sessions by reviewing homework assignments and readings
- Led a group tutoring session of about 8 participants each month regarding introductory psychology courses to students of color

LEADERSHIP EXPERIENCE

Mentor Coordinator, September 2022 - Present

Mentor, September 2021 – May 2022

MESA, Pacific Lutheran University

- Assisted 4 low-income and first-generation high school students with their college applications and financial aid materials to reach their goal of attending a higher education institution
- Managed mentoring program by marketing the position to students and receiving twice as many applications as the previous year, implementing the week-long training program, and matching mentors with their high school students

Notetaker, September 2020 – January 2021

Office of Accessibility and Accommodation, Pacific Lutheran University

- Scribed notes for 2 students and debriefed on notes after each sociology class session to ensure they understood the material and voice any additional information that was missed
- Typed 6 reflection papers and 2 final essays by listening to recordings of the students verbalizing their opinions and research

HONORS AND AWARDS

Dean's List, Pacific Lutheran University, 4 consecutive semesters

Act Six Scholar, September 2020 - Present

Outstanding Psychology Student, Pacific Lutheran University, May 2022

Mary Gates Endowment Research Scholarship, University of Washington, Summer 2019

AFFILIATIONS AND ACTIVITIES:

Member, Psi Chi, November 2018 – Present

Member, Phi Beta Kappa Honors Society, November 2020 – Present

Student Member, American Psychological Association, May 2020 – Present

Manager, PLU Ultimate Frisbee Club Team, September 2019 – May 2021

Alto Singer, PLU Women's Choir, September 2019 – May 2020

REFERENCES

Jennifer Smith, Dean of Inclusive Excellence, and Professor of Gender, Sexuality and Race Studies

Pacific Lutheran University – (123) 000-000, jennifer.smith@plu.edu

Current professor and faculty advisor

Karmen Baldwin, Assistant Director of Career & Internship Development, Alumni & Student Connections

Pacific Lutheran University – (123) 000-000, baldwink@plu.edu

Current supervisor

Haley Bay, Chemistry Teacher and Girls Varsity Basketball Coach

Jackson High School, Puyallup, WA – (123) 000-000- (000) 000-000, hbay@gmail.com

Former high school teacher and basketball coach