

Communication Capstone Senior Research Thesis Presentations

Presentation Schedule, Thesis Titles & Student Biographies

2017 B.A.C Degree Candidates

COMMUNICATION CAPSTONE PRESENTATIONS	
Tuesday, May 23, PLU University Center, CK WEST	
CULTURE & COMMUNICATION	COMMUNICATION OF THE SELF
Start Time: 8:30AM	Start Time: 1:15PM
Kiana Norman-Slack	Jon Schaub
Jasmine Palangvanh	Chase Hyman
Leiana Krystie Tirado	Anthony Aguilar
	Margot Fresquez
COMMUNICATION & DIVERSITY	REPRESENTATION OF WOMEN
Start Time: 9:40AM	Start Time: 2:30PM
Chris Boettcher	Morgan Stark
Sam Van Roon	Mallorie Ballard
Shelondra Harris	Lena Morena
	Kaylie Rozell
STRATEGIC COMMUNICATION	PEACEBUILDING
Start Time: 10:45AM	Start Time: 3:45PM
Mike Tryon	Joel Goh
Kate Hall	Brooke Wolfe & Oliva Cook
Jacob Gleichman	Elise Brown & Cara Gillespie
Monica Richardson	Angela Nommensen
MANAGEMENT COMMUNICATION	POLITICAL COMMUNICATION
Start Time: 12:00PM	Start Time: 5:00PM
Kendall Buell	Matthew Aust
Jeff Dunn	Ryleigh Hazen
Liz Perkins	Maxine McDade
Michelle McGrath	Christine Truong

CAPSTONE STUDENTS & THESIS TITLES	
NAME	RESEARCH PROJECT
Anthony Aguilar	Nonverbal Communication in Improv
Elise Anderson (w/Cara Gillespie)	More than a Mission: Examining Communication Strategies in Human Trafficking through the Lens of Feminist Theory
Matt Aust	From Hammer and Sickie to Choker and Chainsaw: Socialist Political Messaging for Loggers
Mallorie Ballard	Under Construction: Women's changing portrayal in American sitcoms
Christopher Boettcher	Queer We Are: A Photo Study on Representation of Queer Diversity
Kendall Buell	Developing a Conference: Event Planning and Uncertainty Reduction
Jeff Dunn	How To: Build a Sustainable Student Radio Station
Margot Fresquez	Conflict and Personality Types in the Workplace: Being a LASR Leader
Cara Gillespie (w/Elise Anderson)	More than a Mission: Examining Communication Strategies in Human Trafficking through the Lens of Feminist Theory
Jacob Gleichman	The Use of Twitter in Collegiate Baseball: A PLU Baseball Twitter Guidebook
Joel Goh	The U.S. Army Peace Training Benefits
Kaitlyn Hall	Spanish Sin Fronteras: Developing a Podcast <i>por la Comunidad, para la comunidad</i>
Shelondra Harris	Cashing in the Token: Deconstructing the Usage of Students of Color on the Visual Collateral of Predominantly White Institutions
Ryleigh Hazen	Representation and Implications of Women in Modern Presidential Campaign Advertisements
Chase Hyman	Framing: The Form of Manipulation that Everyone Seem to Ignore in Regards to News Media and Social Media
Rachel Jensen	Communicating Attributions of Mental Health and of the Mentally Ill
Maxine McDade	Objectivity Within the Media: Deconstructing the Words Broadcasters Say to Portray What They Mean
Jazmine McGinnis	Communicating Health Among America's Youth: Messaging of Nutrition & Exercise Post Michelle Obama's "Let's Move!" era

Michelle McGrath	Impressions Mean Everything: How Media Lab Events Shape Stakeholder's Impressions
Austin Miller	Cultural Complexity of Pacific Northwest Music Festivals
Lena Moreno	The Media's Impact on College Athletics
Lacey Nicholson	Conflict Management in the Locker Room: How Conflict Affects College Sports Teams
Angela Nommensen	Attribution in Mediation
Kiana Norman-Slack	Kiana's K-Pop Capstone: Analyzing the Musical Rhetoric in <i>BTS</i> 's "Wings"
Jasmine Palangvanh	Harley Quinn's Quest for Equality
Liz Perkins	Creating a Legacy: PLU's First Student Art Sale
Monica Richardson	Social Marketing of Donor Relations: Analysis of St. Jude Research Hospital
Kaylie Rozell	Female Athletes Coverage in the Olympic Media
Jon Schaub	Social Media's Impact on the Hiring Process
Morgan Stark	Gender, Negotiation, and Law Television Shows
Leiana Krystie Tirado	Symbolic Interaction Theory & 'Metrosexual Practices': Studying male-centered beauty advertisements in South Korea and the United States
Christine Truong	You're Invited: Social Media's Role in Protests Across the United States
Michael Tryon	Controlling the Flow of Information: A Reflection of how 'Gatekeeping' Occurred in Antiquity
Sam van Roon	Deconstructing White Allyship: The Privileges, Complexities, and Discursive Validity of Speaking for Others
Brooke Wolfe	Georgetown University: Slavery, Legacy and Reconciliation Understood Through Conflict Theory

CAPSTONE STUDENT BIOGRAPHIES

(in no particular order)



Name: Mike Tryon

Major(s) with Concentration: Classical Studies; Communication, with a Public Relations and Advertising/Strategic Communications concentration

Minor(s): Philosophy; Religion

Capstone Title: Controlling the Flow of Information: A Reflection of how ‘Gatekeeping’ Occurred in Antiquity

Biography: I’m originally from the Spanaway, Wash., area; however, I have travelled across the globe several times. I separated from the Air Force after 10 years of service. During my military career, I met my wife while she was completing her undergraduate degree. We have been married seven years as of this past April. We have three dogs, and are both looking forward to taking a break from school. Before separating from the Air Force, I managed to acquire an A.A.S. in Electrical-Mechanical Technology, and an A.A. in Public Affairs.

About My Capstone: This capstone is meant to bridge the two areas of my primary study; Classics and Communication. Throughout this project, I explore specific incidents within the Roman Empire and discuss how the contemporary concept of Gatekeeping Theory quite possibly would have occurred. While I know it is rarely advantageous to look anachronistically at the past, I feel that communication methods and theories are timeless and that looking at a contemporary communication theory applied to the past does not bring with it the pitfalls other disciplines might. The easiest comparison I can make is that a circumstance today that we would call a “catch-22,” existed throughout time; however, it was not until Joseph Heller’s 1961 novel *Catch-22* that those circumstances would have been referred to as such. The primary components of this project revolve around the Emperor Trajan, Pliny the Younger, and the ever-growing perceived “Christian problem” toward the Empire.

Post-PLU Plans: First and foremost, I look forward to returning to a normal and lengthy sleep pattern. Secondly, I look forward to spending more quality time with my wife, who is also currently finishing up her MBA degree here at PLU, as well as playing with my dogs. Outside of that, I have no solid career goals that I am currently working toward. I am contemplating on if, or when, I would continue on for a graduate degree or doctorate; however, I do plan on taking at least a year off for my brain to recover. When I do return to schooling the next go-round, it will most likely be to further my classical studies or even something in education. While I don’t know the likelihood of this happening, but if I were to have my ideal communications job, it would be to help the World Wrestling Entertainment in some sort of public relations capacity.



Name: Leiana Krystie Toribio Tirado

Major(s) with Concentration: Communications Major, with a concentration in Public Relation(s) and Advertising

Minor(s): Anthropology

Capstone Title: Symbolic Interaction Theory & ‘Metrosexual Practices’: Studying male-centered beauty advertisements in South Korea and the United States

Biography: I was born in Manhattan, NY and lived most of my youth in Oahu, Hawaii. However, my permanent residency has been in the State of Washington for over 13 years. I’m currently 22 years of age with an irritable sensation to travel and meet those from all walks of life. With a heart as vast as the universe itself, all are welcome! I have an ever-growing interest in advocacy and environmental sustainability and I hope that my future career will somehow incorporate my love for people, food and travel in the form of bettering the world.

About My Capstone: My capstone is based on Symbolic Interactionism, or Symbolic Interaction Theory. This theory carries the basis that people give meaning to objects, events and behaviors; and those particular beliefs and meanings are interpretations given by people based on their own interactions with such symbols. In my Capstone Research Project, I analyze the scrutiny of “metrosexuality” and how the HSBC has created the terminology, “YUMmy” to describe the market of young urban males. Luxury retailers are targeting a new kind of consumer to advertise luxurious products and all the more, framing the importance of investing in non-traditional categories, including cosmetics and accessories. The media is fueling the growth of the Yummy by making “metro-sexual attitudes” more socially acceptable. In South Korea, men proudly devote their time to caring for their skin and purchasing such products to enhance their complexions, as well as lifestyles that keep them competitive with others. I analyze two magazine spreads that cover two celebrities (American GQ and Ceci of South Korea) and compare and contrast such spreads: from the fashionable garments to the posing, and then analyzing the cover stars selected for the magazine’s best interest, various areas are taken into account in order to rightfully analyze this case study.

Post- PLU Plans: Leiana will be taking the next year off to spend some long-awaited time with her family and traveling abroad for the first time. She plans on continuing her service to the community by taking part in local volunteer opportunities and non-profits and serving as an environmental sustainability activist. She is currently collaborating with local high schools to incorporate an after-school program that allows high school students the opportunity to take part in advertising and creating media portfolios with non-profits and local grassroots organizations. Within the next year, she does plan on applying to graduate school in the Fall of 2018 in Mass Communication Studies and International Affairs.



Name: Morgan Stark

Major(s) with Concentration: Communication, journalism concentration

Minor(s): Women & Gender Studies

Capstone Title: Gender, Negotiation, and Law Television Shows

Biography: I was born and raised in Portland, OR. I love backpacking, reading, drinking tea, and traveling.

About My Capstone: This project is an exploration into the depiction of men and women lawyers negotiating in law television shows. I focused my research on three TV shows: *The Good Wife*, *Suits*, and *American Crime Story: The People vs. OJ Simpson*. While watching these shows I picked out certain negotiation scenes and analyzed how the men and women were being depicted. I used the communication

theory muted group theory to highlight how the women were muted or silenced during the negotiations. I also used radical feminist perspective to identify if the men or women acting outside their normal gender expectations. If the women acted more aggressive and powerful in the negotiating I found that they were labeled bitches and seen more negatively in the shows.

Post- PLU Plans: I plan to move home to Portland for at least the summer to work, save money, spend time with my family, and help my sister plan her wedding at the end of the summer. I am going on a three week trip with my family and best friend in November to Nepal and Thailand. I plan to take some time off from pursuing a career right away and waitressing for some time. I am hoping that some time off will help bring light to some career goals and ideas for what I want for the next few years. The world is my oyster and I plan to take full advantage of my youth and live an exciting and adventurous life after college.



Name: Maxine McDade

Major(s) with Concentration: Communication, Public Relations and Advertising

Minor(s): French

Capstone Title: Objectivity Within the Media: Deconstructing the Words Broadcasters Say to Portray What They Mean

Biography: I was born in Washington state in 1996 and have lived here my whole life with my parents and three older brothers. I am a cat enthusiast, an avid coffee drinker, reader of books and thrive on travel experiences abroad. I spent 16 years of my life fully dedicated to ballet until I decided I could no longer pursue a professional career in that field. I decided to transfer from Bellevue College to get my bachelor's degree at Pacific Lutheran University. I am very happy with the decision I made to attend PLU as I have been able to study abroad in Martinique for French and London for communications. I've made many valuable memories at PLU and I cannot wait to see where I go from here.

About My Capstone: My capstone is about objectivity within news broadcasting. The media remains our sole source of factual information from sources we would not receive otherwise. While fake news or unreliable sources remain existent within the media, we need the ones we can trust. Within these trustworthy sources, how much of what we hear is completely unbiased? We like to choose news that confirms our own beliefs or tells us what we want to hear. My capstone looks at how and if broadcasters tailor the way they report information to be objective or if they allow a bit or maybe a lot of bias in what they say. I decided the Agenda Setting and Framing would be the best lenses to observe this idea through. To find an answer to how objective news broadcasters may be, I created a case study between MSNBC and Fox News on the subject of the birther movement in 2008 as well as Hillary Clinton's email scandal. I discuss whether or not these two sources are too biased or too objective and the implications this has on the audience and their perception of each story.

Post- PLU Plans: At the end of this summer in August I will be moving to Japan for a year to teach english. I love to travel more than anything, so when the opportunity to live abroad for a year came up I immediately jumped at the chance. Things get tricky after that year. As far as I know I will move back to Seattle and attempt to find a job doing something enjoyable. I hope my year abroad will help me figure out what I want to do with the knowledge and experiences I've gained at PLU.



Name: Kiana Norman-Slack

Major(s) with Concentration: Communication, Journalism

Minor(s): Theatre

Capstone Title: Kiana's K-Pop Capstone: Analyzing the Musical Rhetoric in *BTS*'s "Wings"

Biography: A Washington native, I was born in Fort Lewis and have lived all around Pierce County for majority of my life. I grew up in a very musical family where everyone knew how to play at least one instrument. That being said, I'm very passionate about the arts (music, dance, theatre) and would love nothing more than to dedicate my whole life to those things. In addition to that, I'm also quite keen to writing. Descriptive essays were my speciality in grade school, along with writing my own songs and poems just because I wanted to. After attendance to Cornish College of the Arts fell through and struggling through two years of community college, PLU was a very lofty goal but I was desperate to move forward with my education. With the clock ticking, I met a friend for lunch at Farrelli's, walked around PLU's campus, and three years later I'm graduating! School has always been a struggle for me so if I'm being completely honest, I never thought I would get to this point. Even writing this is a shock. Needless to say, I'm forever grateful to the people in my life who influenced me and pushed me forward these past few years even when I tried to walk away.

About My Capstone: I really like K-Pop, right? So the purpose of my capstone is to rhetorically analyze a Korean album by a favorite group of mine and see how it can be a symbol to the human experience. We as humans all generally experience the same things in life, so how does music around the world communicate those messages? How can different musical aspects speak to those experiences?

Post- PLU Plans: The first thing I'm going to do after graduation is sit down. College does this thing where it basically keeps you running on fumes for 4+ years, so I think I'll find a really comfy chair and just sit for a while. I'm going to continue studying Korean pop culture. California is where the action is in reference to the international side of K-Pop, so I hope to bust out of these four walls and move to there so I can be closer to the action. If things go well, I might even land a job out of it. In the meantime, I'm determined to get involved with the local theatre community and continue to better my craft. There's a lot of hopes, so stay tuned. Who knows, maybe some day soon I'll write that book my mom has been bugging me about.



Name: Michelle McGrath

Major(s) with Concentration: Communication, Public Relations & Advertising

Minor(s): Theatre

Capstone Title: Impressions Mean Everything: How Media Lab Events Shape Stakeholders Impressions

Biography: As a high school student the last place I wanted to attend was PLU. Everyone from my hometown Enumclaw, Washington attended PLU and I wanted to branch out. This is why I went a completely different route. I started my college experience at the University of Puget Sound and thought it was my dream school. I quickly learned UPS was not the right fit for me. I was feeling depressed and I convinced myself that college was not meant for me. My parents, not wanting me to give up, offered for me to look at PLU. I was very hesitant, but decided to take the leap of faith after touring PLU's campus and it was the best decision I have ever made. PLU changed my outlook on college, because of the classes, professors, and the overall campus community. I have learned so much at my time at PLU and made some life long friends. I am excited to see where I go after graduating from PLU.

About My Capstone: My capstone is looking at how Impression Management Theory effects stakeholder's impressions at Media Lab events. Media Lab is an award-winning, student-run media organization with expertise across the media spectrum housed in the Communication Department at PLU. As a member of Media Lab, it was my job to plan and execute the on-campus documentary premiere. I decided to make this my capstone, because I wanted to know what stakeholders think about Media Lab and what needs to change in order for Media Lab to be run more smoothly.

Post- PLU Plans: After graduation I hope to take some time off to enjoy quality time with my family and friends and continue to search and apply for jobs.



Name: Christine Truong

Major(s) with Concentration: Communication w/ an emphasis in Conflict & Global Peacebuilding

Minor(s): Business w/ an emphasis in Nonprofit Leadership

Capstone Title: “You’re Invited”: Social Media’s Role in Protests Across the United States

Biography: I have lived in Washington all of my 22 years. I’m an old soul who enjoys the simple things in life.

About My Capstone: This Capstone intends to highlight the usefulness and integral role of social media in regards to helping mobilize social movements by enabling the organization of bodies and support with a ‘Like’, ‘Accept, and/or ‘Share’. Older generations might knock us millennials for burying our noses in our phones, however our technological savviness encourages us to become engaged, motivated, and proactive in our efforts to make changes in the world. Not only are younger generations more inclined to associating themselves with social movements presented on the web, but older demographics using social media are also contributing to increase in protest and social movements due to advantages afforded to users on social media platforms. My hope is to increase consciousness towards the effectiveness of social media by transforming conflict through dialogue and active, civic participation.

Post- PLU Plans: Post graduation, I am anticipating taking the time to relax, and forgetting about research and essays for a while. Hopefully I will catch up on some sleep. I am seeking job opportunities with local companies and/or non-profits that will spark my passion and desire to help others.



Name: Anthony A. Aguilar

Major(s) with Concentration: Communication; PR and Advertising

Minor(s): Theatre

Capstone Title: Nonverbal Communication in Improv

Biography: Originally from Keizer, Oregon. Anthony has spent his last four years here at Pacific Lutheran University. From being an RA in 4 different residence halls, to leading tours for prospective students, to studying abroad in Sydney, Australia, Anthony has done a lot while on campus. His proudest achievement has to be being a part of PLU's Improv team, Clay Crows. The Clay Crows have been a part of his life all four years on campus and finally made it to the final round of CIT this year.

About My Capstone: Anthony's capstone focused on how nonverbal communication affected an improv team and also to see if nonverbal communication as a whole made improv better. Anthony learned a lot about what nonverbal communication is as well as furthered his love for the art of improv.

Post- PLU Plans: After college Anthony has secured a job working as an account executive at Yelp. Right after graduation he will be moving down to San Francisco to start his new life. Anthony is very excited to see what opportunities will unfold for him in the future.



Name: Monica Richardson

Major(s) with Concentration: Communication Studies

Minor(s): Sociology

Capstone Title: Social Marketing of Donor Relations: Analysis of St Jude Research Hospital

Biography: I am originally from Europe but grew up in Anchorage, Alaska. Growing up in Alaska has been one of my proudest stories. I have always loved being able to ski, hike, camp and go fishing whenever I pleased. I chose to go to PLU for its education program where I then was shuffled around to become a communication major. At my time at PLU, I was able to be involved as a varsity athlete, student government, working in the PLU's admission office, Clubs and Orgs, and more. I had an amazing childhood and now an amazing education at PLU.

About My Capstone: Some don't know if you are not financially able to pay a bill at St. Jude's, you don't have to. St. Jude will cover the cost of any hospital bill that goes through the hospital. The main goal of St. Jude is to find out the solution to child cancer, research as well as making sure the children and families have the best care possible. Since St. Jude covers the thousands of dollars in medical bills every day, my research was looking at how they are able to stay afloat and grab/keep donors. St Jude Research Hospital depends on donors to stay afloat and looking at the social marketing aspect of their branding, I was able to come up with a few conclusions of how they are able to market themselves as family friendly, as well as making you feel as if you are giving to something greater than yourself.

Post- PLU Plans: I will be attending PLU's Graduate Program in Education. My hope is to then become an elementary school teacher to 1st or 2nd graders. I haven't quite figured out if I am interested in staying in Washington or trying a new state.



Name: Sam van Roon

Major(s) with Concentration: Communication Studies

Minor(s): Philosophy

Capstone Title: Deconstructing White Allyship: The Privileges, Complexities, and Discursive Validity of Speaking for Others

Biography: From leading tours and outdoor expeditions to hosting Wang Center events and working with the Board of Regents, Sam's degree in Communication Studies and Philosophy has served him well as he garnered work experience he hopes to carry into a future career at REI. An unapologetic California native, he will be moving permanently to the Northwest if only to prove that San Diegans can be okay people too. He is interested in business ethics and the meaning of life (spoiler alert: there isn't one), why red pepper flakes make everything taste so much better, and how to utilize his socioeconomic privilege to enact actual change - environmentally and socially.

About My Capstone: The research compiled within my capstone serves to provide a framework for the successful enactment of white allyship. Operating within a socially constructed culture of systemic racism, I recognize the institutionally grounded hegemonic practices by which we all play a part that privileges whites at the expense of people of color. I have administered an extensive survey intended to locate the challenges of allyship and provide scholarly sources to demystify and support the means of being an effective ally. As allyship is often a highly convoluted term, I define it intersectionally and through the grounding of popular thematic opinion, finding that the best means of enacting allyship, particularly for the white ally, is through conscious recognition of racism and one's role within it, self-education, and targeted action.

Post- PLU Plans: After graduation, I plan on working within REI's corporate Marketing division at their headquarters located within the beautiful Kent, WA.



Name: Brooke Wolfe

Major(s) with Concentration: Communication with concentration in Conflict & Peacebuilding and Political Science

Capstone Title: Georgetown University: Slavery, Legacy and Reconciliation Understood Through Conflict Theory

Biography: While originally from Olympia, Washington, between the T.O.H Karl Forensics Forum, Reign Ultimate Frisbee, and multiple study away trips, Brooke has found a home at Pacific Lutheran University throughout her undergraduate career. Swinging from the Communication department to Political Science has become more and more natural over her last three years, even though Brooke plans to focus her studies in Communication during graduate school. This path became clear after presenting her research at both the Western Communication Association, the Northwest Communication Association, and soon at the National Communication Association Conference in the Fall of 2017. She is excited about life after PLU but is also grateful for the friends and mentors she has made throughout her time here.

About My Capstone: Georgetown University is currently grappling to find an appropriate response to its history with the institution of slavery and consequential racial inequities. In September of 2016 mainstream news media reported that the university would give descendants of slaves sold from Georgetown preferential admissions status to the university. The various, yet similar media headlines and stories neglected the many aspects of Georgetown's comprehensive reconciliation process. The realities that should be reported are best understood through the communication theories of systems theory, media framing, and reconciliation for its exploitation of slavery in 1838. Systems theory helps analyze the complicated legacies that create racial inequality in the education system that Georgetown is attempting to reconcile. However, skewed representation and framing in the media have misrepresented Georgetown's extensive reconciliation process. Although this conflict magnified over many decades, as of 2016 Georgetown is enacting change through a gradual reconciliation process to create a better legacy for the Georgetown community and universities in the United States.

Post- PLU Plans: After graduation Brooke will continue her work in public memory and reconciliation through finalizing research to be submitted to the Conflict Resolution Quarterly and presenting at the National Communication Association Conference in November. Following those commitments, she will be applying to work within the nonprofit sphere in Northern Ireland while finishing applications for graduate programs in Communication beginning Fall of 2018.



Name: Jon Schaub

Major with Concentration: Communication - PR/Advertising

Minor: Nonprofit Leadership

Capstone Title: Social Media's Impact on the Hiring Process

Biography: I was born in Sacramento, California. When I was five years old, my dad received a pastor position at a church in Salem, Oregon. The last seventeen years my family has lived in Oregon. I have three older sisters who are all married. Each couple has one child. So I am an uncle of a beautiful neice and two handsome nehpews. I also have a younger brother who is a nursing major at Grand Canyon University. I am a retired PLU football player, I am reminded everyday by my aching knees and busted shoulder.

About My Capstone: With the popularity of social media, recruiters and hiring managers are using it to their advantage in their search for the perfect candidate. The impact social media has on the hiring process is becoming more and more relevant. The hiring process has developed new ways when scanning through potential employees. The trend of employers passing on applicants after researching them online is experiencing an increase. More than 90 percent of recruiters are using it as a part of their process. It has become very common for a social media presence to be looked at to judge an applicant's suitability. The rise of social media has both fueled and been fueled by an arguably unprecedented amount of public sharing of personal information.

Post - PLU Plans: Post graduation, my plan is to take some time off. I want to take a break before I start my career. I'll spend a couple of weeks in Arizona. After Arizona, I will go back home to Salem, Oregon where I'll rest and relax with my family (especially my nieces and nephews). In January of 2017, I accepted a position at a recruiting and staffing firm in Bellevue, Washington. In August, I will start my career at Insight Global. Insight Global was recently awarded 'The Most Popular Entry Level Jobs and Companies for College Graduates' by LinkedIn.



Name: Joel Goh

Major(s) with Concentration: Communication with a Public Relations and Advertising emphasis and Computer Science

Minor(s): Business Administration

Capstone Title: The U.S. Army Peace Training Benefits

Biography: I was born and raised in a small city in Malaysia called Kuching. At the age of 16, I left to further my education in the U.S. and arrived in Seattle, WA on September 13th, 2012. I attended Green River

College from Fall 2012 - Spring 2014 and obtained my high school diploma, an Associate's of Arts and Associate's of Science degree in those 2 years. In Fall 2014, I transferred to Pacific Lutheran University in order to complete my Bachelor's of Arts in Communication. Half a year later, I enlisted in the U.S. Army Reserves through a special program for foreigners called the Military Accessions Vital to the National Interest (MAVNI). Through MAVNI, I became a naturalized citizen on April 14th 2016 at Fort Benning, GA, during Basic Combat Training graduation. When I returned to WA from training, I returned to PLU and enrolled in the ROTC program, and had to stay for at least 2 more years. As a result, I picked up Computer Science as my 2nd major as I was nearly done with my Communication degree requirements. I switched over from the U.S. Army Reserves to the Washington National Guard on March 27th 2017 and will graduate from PLU and commission as an infantry second lieutenant in the National Guard on May 25th 2018.

About My Capstone: My Capstone project is heavily focused on peace-works in relation to the U.S. Army. The goal of peace-works within the U.S. Army is to reduce deaths, physical and mental injuries as a whole. Key leaders in-charge of war-gaming in the U.S. Army today are experienced and professionals at what they do. However, these high ranked personnel put in-charge of making the most crucial decisions lack an important foundation; that are conflict and communication backgrounds. Peace training stems from these conflict and communication backgrounds and it is vital to preserving the physical and mental wellness of the force. As it currently stands, the lack of peace training is problematic as soldiers are deployed to combat with the sole purpose of destroying the enemy. Other avenues of approaches such as mediation or peace talks are often ignored as the American Department of Defense (DoD) often uses brute force to solve conflicts. Because of this, lives are lost and people are harmed unnecessarily. Innocent non-combatants are also hurt in the process. My Capstone Project implements proposals for the U.S. Army Cadet Command (USACC) and the U.S. Army Training and Doctrine Command (TRADOC) that encourages these commands to implement conflict, mediation and peace-training in the Reserve Officers' Training Corp (ROTC), Basic Combat Training (BCT), Advanced Individual Training (AIT) & One Station Unit Training (OSUT) curriculum respectively in order to to reduce deaths, physical and mental injuries.

Post-PLU Plans: After I graduate and commission as a second lieutenant on May 25th 2018, I would head back to Fort Benning, GA later during the year to finish the Infantry Basic Officer Leadership Course (IBOLC). Once I successfully graduate from IBOLC, I should be heading to both Airborne and Ranger schools. After completing all training programs with the Army, I would return to the National Guard in WA and serve as a National Guardsman for the next 8 years. I am planning to volunteer to deploy as soon as I return to WA and am also trying to find a way to move to the Active Duty component. If I am not able to go Active Duty or deploy, I want to move to Washington D.C. and work a National Defense or Investigative job such as the FBI, CIA or the Secret Service as my civilian career. My main goal is still to make the military my career as I want to serve and thank this nation for giving me all these wonderful opportunities.



Name: Cara Gillespie

Major(s) with Concentration: Communication- PR/Advertising

Minor(s): Religion

Capstone Title: More than a Mission: Examining Communication Strategies in Human Trafficking through the Lens of Feminist Theory

Biography: I am an aspiring marketer, driven by a passion for learning. Almost as diverse as my skill sets are my interests. I'm in love with the world and am known to see beauty in the most unexpected places. My open attitude causes me to thrive in any setting. Having moved too many times to count I claim the PNW as home, but I've learned home is not a place it is a feeling. I am a 22-year-old looking to impact the world in a big way. I will graduate in May with a major in Communication, specializing in PR and Advertising. My Professional Skills include: social media management, photography, graphic design, video and film production, and event planning, among others. I am so grateful to my parents and my entire family for pushing me to pursue my goals.

About My Capstone: from article: *"PLU students premiere sex trafficking documentary"* by Matthew Salzano '18 Contributing writer PLU MarComm. Cara Gillespie and Elise Anderson filmed and produced a documentary, "More Than A Mission". The documentary shares the story of a woman who escaped the bonds of human trafficking in the Philippines, shining light on how thoughtful activism can transform lives. Gillespie said. "This project has truly been a transformational journey for me." The documentary focuses on Kenny Sacht's organization, Wipe Every Tear. The organization focuses on helping women finish high school and attain a college education. The film is entirely produced by PLU students. Gillespie and assistant producer Anderson recorded, wrote and edited the film, Nathan Tunheim '18 composed the soundtrack and Rizelle Rosales '18 narrated. "It was incredibly important to work with my peers. The more students involved, the more each of us were learning. More importantly, we were helping make more people aware and involved with ending the tragedy of human trafficking," Anderson said.



Name: Jacob Gleichman

Major(s) with Concentration: Communication with an emphasis in PR/Advertising.

Minor(s): Business Marketing

Capstone Title: The Use of Twitter in Collegiate Baseball: A PLU Baseball Twitter Guidebook

Biography: I was born and raised in Sammamish, Washington and have had a home there my entire life. I attended Lakeside Montessori until the 4th grade when my parents decided to homeschool myself and my sister. My dad loved to ski, but enjoyed it even more with his kids. He was tired of pulling us out of school 1-2 times per week to hit the slopes, so this was a good excuse to venture the homeschool route. I lived this lifestyle through 8th grade, then began my high school experience at Skyline High School. I played baseball all four years of high school and loved every minute! It wasn't long before I graduated and began my college experience at Columbia Basin Community College in Pasco, Washington. I earned my AA degree in two years and had the opportunity to play collegiate baseball while doing so. With a combination of earning my 2-year degree and being blessed with the talent of playing baseball, PLU's head baseball coach contacted. Long story short, I became a Lute in the Fall of 2015. I have played baseball for PLU the past two years while earning my degree. The experience has been amazing. It is hard to believe it is all coming to an end so soon.

About My Capstone: During my time studying communication at PLU, I have learned a lot about social media. Most companies, organizations, businesses and people throughout the world have some sort of presence on social media. It has exploded throughout the past 15 years and has not shown any signs of slowing down. During J-Term of 2017, I was placed in charge of the PLU Baseball Twitter page. It was when I realized that I had something to put towards my capstone. During the past two seasons, the PLU Baseball Twitter and its content have been subpar. The only content produced is on game-days which are only two days out of the week. Successful Twitter accounts produce content every other day or every day. My goal is to create a guidebook for the Baseball program that can be used for years to come. The guidebook would have helpful tips, guidelines, and other forms of instruction to create consistency within the account. Through doing this, it will not only stabilize the Twitter account, it will shed a positive light on the baseball program and the university. My hope is that through creating this guidebook, I will produce a usable product and attract the hundreds of thousands of high school and community college graduates seeking a place to play collegiate baseball. When these student athletes come across PLU Baseball's Twitter, they will see an account that is balanced, well written and professional.

Post- PLU Plans: After graduation, I plan to move home for the summer and unwind. It has been a long four years of school and sports. It takes a toll, and it will feel good to enjoy the summer. I will however be working with my roommate/teammate with an organization called United States Specialty Sports Association (USSSA) over the summer. It is a major youth-sport tournament directory program that organizes youth baseball tournaments with more than 100+ teams in certain weekends. This will be my work during summer. Come fall of 2017, I will plan to seek a job in the Seattle area and see where life takes me!



Name: Chase Hyman

Major(s) with Concentration: Communications Focus in PR and Advertising

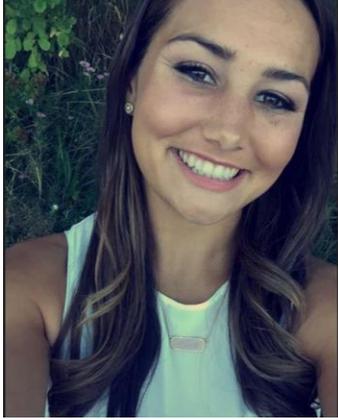
Minor(s): Sociology

Capstone Title: Framing: The Form of Manipulation that Everyone Seems to Ignore in Regards to News Media and Social Media

Biography: I am currently a senior at PLU and getting ready to graduate in May 2017. I am also a sales associate at American Eagle Outfitters, a nanny for a wonderful family with two toddlers, and a coffee barista at Gravity Coffee Company. My main goals and objectives are to continue to learn and grow as much as I can as the world around me is constantly improving and changing. In the near future, I am looking forward to graduating from PLU.

About My Capstone: My capstone was built around framing theory. Framing theory has always been one of my favorite theories that i have gone over throughout my education. I think it is fascinating that people are so blind to the power that news media has over them. People rarely think for themselves these days and I am hoping to shed light on that issue. I want to build awareness and encourage people to think more independently. I hope to do this by writing up my own news stories, framing each one differently, and having people determine which one is true, even though they will all be false.

Post- PLU Plans: After graduation, I plan to move to Austin, Texas. So far I am undecided on what I want to do for a career specifically. However, I am hoping that whatever I end up doing it has something to do with the degree I just payed for.



Name: Lacey Nicholson

Major(s) with Concentration: Communication (Journalism/Broadcast)

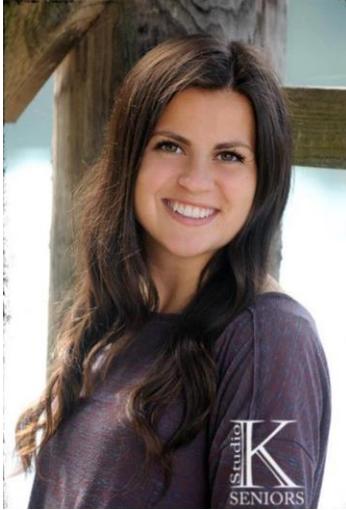
Minor(s): Psychology

Capstone Title: Conflict Management in the Locker Room: How Conflict Affects College Sports Teams

Biography: I was born and raised in the state of Washington. I graduated from Skyline High School in 2013. Towards the end of my high school experience I developed a passion for television broadcasting. I was the sports anchor on the school's weekly news show (Spartan Television- SPTV). I also embraced my role as a student athlete and worked to continue my dream of playing at the collegiate level. My first year of college I attended Concordia University (Portland), where I was a member of the Women's Basketball team. I transferred to PLU in the fall of 2014. I was a member of the PLU women's basketball team for three seasons. I continued my passion in broadcast and journalism by writing sports stories for the MAST, hosting a sports radio show with LASR and being an anchor for a new sports television segment called Lute Center.

My parents, Barb and Eric, have been happily married for 24 years. They live in an apartment in Bellevue and frequently escape to their house in Arizona. My sister, Lindsey, graduated from Boise State University where she played softball. She is now a Grad Assistant for the strength and conditioning program at Abilene Christian University while attending grad school at Hardin Simmons University.

About My Capstone: While college sports teams seem to work together in seamless harmony, much of what is not seen involves issues of intense conflict and conflict management. This paper will explore the various methods of conflict management used to keep collegiate sports teams focused on the goal. The paper will enlist systems theory that fundamentally shows how systems seek balance and error correction in order to positively grow. The method of data collection will include a focus group comprised of different collegiate athletes; both male and female, to find patterns these athletes use to manage conflict. This study will build on the work of Kyle Paradis, a scholar who conducted a similar study on athlete perceptions of intra-group conflict in sports teams. Finally, this project will observe the value of conflict among collegiate sports teams and how conflict management can be explored beyond the locker room.



Name: Lena Moreno

Major(s) with Concentration: Communication (PR/Advertising)

Minor(s): Business Marketing

Capstone Title: The Media's Impact on College Athletics

Biography: I've lived in Washington my whole life and I've loved it. I moved from Seattle to Olympia when I was in 2nd grades and graduated high school from Capital High School. I then wanted to attend Pacific Lutheran University because I loved the campus, wanted to stay in Washington, and was able to play soccer for the PLU Women's soccer team. I played soccer here for all 4 years and was captain my senior year. We even won our conference this year.

About My Capstone: My capstone was built around agenda setting and framing theory. I've always been interested with the media and the public so I wanted to see how the media portrays Division I compared to Division III athletics. I'm interested in Division III athletics because I've been a Division III athlete for the past four years. My research questions that I wanted to figure out is what is the effect the media has on NCAA athletics, primarily Division I and Division III? I'm using agenda setting and framing theory to my research.

Post- PLU Plans: I currently accepted a summer position with the Seattle Mariners in their marketing department. I will spend the summer working there while looking for a more permanent job in the Fall. Hopefully my summer job turns into a full time position though.



Name: Ryleigh Hazen

Major(s) with Concentration: Communication with a focus in Public Relations and Advertising

Minor(s): Political Science

Capstone Title: Representation and Implications of Women in Modern Presidential Campaign Advertisements

Biography: Personal Bio: I was born and raised in Silverdale, Washington. I was focused solely on dance and school up until I graduated from Central Kitsap High School in 2014. Having won a local pageant I stayed in Kitsap County until my year of service was over. I used my winnings to pay in full for my AA at Olympic College. After a year and a quarter I had enough credits to transfer to PLU in

January 2016. Outside of school I work as a nanny in Seattle and a part time marketing intern at Point It Digital Marketing. I will be graduating in December 2017.

Professional Bio: Ryleigh Hazen is a budding new marketer. She is currently a Marketing Intern at Point It. Knowing she was interested in a fast paced and challenging career Ryleigh set out into the world of marketing, communication, public relations and advertising. She is halfway through her senior year as a Communication Major with a focus in PR and Advertising and a Minor in Political Science. Ryleigh is enjoying learning the ropes at Point It. When not in the office Ryleigh enjoys devouring books, trying new recipes and spending time with her family.

About My Capstone: My time at PLU has consisted of communication, public relation, advertising and political science courses. When setting out to write this paper I wanted to incorporate all of that. Communication is my first love, but my backup plan is becoming a lawyer and eventually running for office. I chose presidential television ads because they were one of the first things I noticed when politics first piqued my interest. As my personal interests in politics evolved I formed my opinions on items dealing with mental health, the environment and women. While I am passionate about many issues I find myself drawn to the underrepresentation of women in politics. I am also continuously shocked by the lack of meaningful female interactions on television. Political advertisements feed into both of these issues. Year after year I see white men controlling all branches of the government with minimal checks and balances to prevent against gendered bias.

Post- PLU Plans: I will be graduating from PLU in December 2017. I intend to work for the company I currently intern at, Point It Digital Marketing. I will be working on blog posts, social media, website upkeep, web content, event planning, tweekchats and podcasts. Eventually I would like to work for Amazon, before going on to be the CMO or CCO of a company in the PNW.



Name: Jasmine Palangvanh

Major(s) with Concentration: Communication: Public Relations and Advertising

Minor(s): Studio Arts: Graphic Design

Capstone Title: Harley Quinn's Quest for Equality

Biography: I am the first person in my family to attend and graduate college. I am also the first person in my family to travel abroad. I was offered and promoted to a management position in less than a year of working for my current employer. My life consists of going to school and work, which is uneventful, but I try to incorporate "me" time here and there. I love to attend concerts, eat at new restaurants and go to the movies.

About My Capstone: Rhetorical analysis of Harley Quinn using feminist theory.

Post- PLU Plans: I am an assistant manager at my current employer, so ideally I would like to finish up my position for the year, then begin searching for a job that utilizes my degree starting 2018. My short term goal is to move out and get a place of my own. I also want to purchase a newer car for myself and I hope to be the proud owner of a French Bulldog. My long term goals include either opening my own bakery and using my degree to advertise for my business or becoming a part of a small business and opening my own store here in the Pacific Northwest. I studied abroad for J-Term 2016 to London. I plan to return to London in the near future and begin exploring other parts of Europe. I also plan to travel more in general, even if it is to somewhere local. Going on adventures, exploring and creating memories are important to me and it is something I would love to continue doing.



Name: Kendall Buell

Major(s) with Concentration: Communication (PR & Advertising)

Minor(s): Literature

Capstone Title: Developing a Conference: Event Planning and Uncertainty Reduction

Biography: I grew up in a large family. Out of 20 grandchildren I am the oldest girl and the first female in my family to go to college. My rank in our small army means that I have to be a role model and a leader. I originally picked PLU because my oldest cousin and his wife both attended and loved the Lute community. After starting my college journey, I intended to be a business major but quickly decided I wanted to pursue a degree that gave me more creative freedom. I am more of the artsy type... After taking a few communication courses, I decided that it was the place for me to be and switched my major to Arts in Communication with an emphasis in PR and advertising. Throughout this experience I have learned what a great privilege it is to have a top quality education and have developed skills that will last me a lifetime.

About My Capstone: My Capstone focuses on using Uncertainty Reduction Theory to evaluate and plan a successful event. Over the course of my Junior Year here at PLU, I was a part of the ground team that planned the International Transformative Learning Conference which focuses on the ways in which learning transforms the way individuals see and understand the world. In this project I focus particularly on my own part in planning the conference which was to plan a reception dinner at LeMay America's Car Museum. Through my research I discuss how event planners and professionals in the field can develop a successful event by applying uncertainty reduction and understanding uncertainties that both individuals and larger communities have.

Post- PLU Plans: I will be adventuring life and looking for a job that I enjoy.



Name: Jeff Dunn

Major(s) with Concentration: Communication (Journalism)

Minor(s): Music

Capstone Title: How To: Build a Sustainable Student Radio Station

Biography: Jeff hails from the faraway land of Federal Way, Washington. After applying and being accepted to Pacific Lutheran University, Jeff began courses with the intent to be a music major. This proved to be a terrible idea, as Jeff discovered that nothing could kill his passion for music quicker than doing it as “work.” At the end of his first Fall semester, while lamenting his poor life choices, a friend suggested he should look into Communications; “it’s the easiest major, you don’t do anything.” Four years and several leadership positions in Student Media later, Jeff has internalized the Society of Professional Journalists’ Code of Ethics so well that he cannot imagine being anything but a journalist.

About My Capstone: *Switching to first-person because it’ll be easier:*

The only extracurricular activity I’ve been involved with for my entire four years on campus is the student radio station, Lute Air Student Radio. Now, as exiting General Manager, I wanted to ensure that the station stayed in operation at it’s highest capacity. For my Capstone, I analyzed what other successful student radio stations in the Pacific Northwest did to stay in operation throughout multiple leadership teams and staffs. I leave behind a General Manager’s Handbook as well, to make sure no future GM is left in the dark and has a tried-and-true method to stay relevant on campus and in the community.

Post- PLU Plans: I’m gonna work at Panera bread until I die.



Name: Shelondra Harris

Major(s) with Concentration: Communications with a concentration of Public Relations & Advertising

Minor(s): Non-Profit Leadership

Capstone Title: Cashing in the Token: Deconstructing the Usage of Students of Color on the Visual Collateral of Predominantly White Institutions

Biography: I am a Tacoma native. In 2016 I had the life changing opportunity of studying abroad in the beautiful twin islands of Trinidad & Tobago. As much as I loved my time in the Caribbean, I continue to love my hometown. I have a lot of love for Tacoma and social justice issues. I am specifically passionate about racial equity and justice. Throughout my undergraduate career at Pacific Lutheran University (PLU) I have been in leadership roles in the Black Student Union. I had the honor of serving as President for the 2016-17 academic year. Additionally, I have served as an active member of the collective for the past year. This is a group of individuals who seek to understand the divisions that are created by societal inequities and create a network of leaders and activists that can politicize, radicalize, and organize their communities in the name of justice and liberation of all peoples, not limited to PLU.

About My Capstone: This capstone is about revealing the reasoning behind using students of color on university collateral used for recruitment purposes. My primary thesis is that predominantly white institutions promote diversity by tokenizing students of color on visual collateral. Significant questions I am planning to examine include: why are students of color primarily used as representatives of racial diversity on campus, while in reality they are the extreme minority? And ultimately, does showcasing students of color on brochures, pamphlets, flyers, etc. prove to be effective in bringing in diversity as well as retaining it?

Post- PLU Plans: I will be a graduate student in the Master of Science in Marketing Research program for Fall 2017.



Name: Margot Emma Fresquez

Major(s) with Concentration: Communication with a concentration in Communication Studies

Minor(s): Specialized Business Marketing

Capstone Title: Conflict and Personality Types in the Workplace (being a LASR Leader)

Biography: As I sat on the bottom of Harstad’s staircase on the first day of my second sophomore semester, I was contemplating whether I should leave or stay at PLU. Two thoughts roamed inside my head: “I’m not smart enough. I’m not rich enough,” but until this day, I surprise myself. I remember saying to my partner “if I graduate from PLU, it will be my biggest achievement yet.” Honestly, I never thought I would come this far, but now that I got here, I know there is so much more way to go. I was born and raised in Los Angeles, CA. At 15, I moved to a small town called Ocean Shores, WA. The culture difference was shocking. My last high school was not as developed as other high schools were. I was worried I did not have the same things other PLU students had, but I *wanted* those things **so bad**. With a yearning heart, I pushed myself through. It was a struggle. I always felt that I had to work just a little bit harder than others, but that gave me character. I was determined to make a better life for myself. My family more or less helped support me as much as they could, and for that I am forever grateful.

About My Capstone: My capstone looks at the different assumptions made about people in the workplace and how to overcome those assumptions by looking at all possible factors why people behave in the way they do. I will be explaining Attribution Theory in its many forms and how it can be used to judge people by the situation rather than their attributes. There are so many different personality types, but all can be worked with. I was interested in incorporating my own volunteer experience as Lute Air Student Radio Event Coordinator, so I used my leadership team examples to explain how false assumptions or conflicts can be prevented in the workplace.

Post- PLU Plans: I will be travelling all over Europe during the summer and will be working with the Washington State Department in Olympia, WA. I want to stay close to family, while I work for a couple years, then go back to school for my MBA in Business Administration or Psychology.



Name: Liz Perkins

Major(s) with Concentration: Communication in Public Relations and Advertising

Minor(s): Studio Arts

Capstone Title: Creating a Legacy: PLU's First Student Art Sale

Biography: I was born and raised in Portland, OR where my hipster heart lies. When I was in high school I volunteered at the Oregon Zoo where I was able to work hands on with most of the animals. When I got to PLU I had the amazing opportunity to study in London for a my first J-term with a PLU ceramics professor. This experience opened me up to art and travel, now two of my favorite things. After my first year, I switch my major from Fine Arts to Communication with an emphasis in PR and Advertising. My junior year I then traveled back to my favorite city, London, to study international marketing for a semester. From everything that I have learned at PLU, in and out of the classroom, I have three big passions, animals, art and travel.

About My Capstone: When I was a first year at PLU I was taken in by the art department as one of their own, even without being an art major. This is where the inspiration for my capstone began. Over the course of the last four years there has never been a student art sale. Friends of mine would talk with me about the lack of experience with selling their work or how they wish that PLU would prepare them for more than just putting their work in galleries. This is really when my idea became to blossom.

My project was to organize a student art sale for the PLU community. All the work sold was created by current and past students, with most of the proceeds going back to the artist. I worked with the School of Arts and Communication to help work out details and ideas. The idea of my project is to bring a recurring student sale for the PLU community. Along with showcasing the amazing art department, the hope is to help the students gain experience in selling their work and networking outside of galleries.

Post- PLU Plans: After I graduate in May I will be taking two weeks to travel to the East Coast to visit friends and family. After the needed rest from school I will start a summer internship in Seattle. As the Marketing Intern for Verus, an investment firm for large companies, I will be working for their Director of Marketing and helping them with press about the company. After the summer, I will return to Portland to get ready to move to London, UK to pursue my Master of Arts in Advertising at the University of the Art in London.



Name: Kaitlyn Hall

Major(s) with Concentration: Hispanic Studies, Communication with an Emphasis in Strategic Communication

Capstone Title: Spanish Sin Fronteras: Developing a Podcast *por la comunidad, para la comunidad*

Biography: *Soy yo.* I always find writing an autobiography very difficult. I wonder: how do I summarize these three years in Pacific Lutheran University into a few sentences? It's not a rhetorical question I can leave hanging, in this case, so I'll give it the old college try, centering the biography on my experience as a student in the School of Arts and Communication. After graduating from Pierce College Puyallup in 2014, I transferred to PLU to continue my studies in journalism and Spanish. It quickly became apparent the class schedules for my two majors were

incompatible, and I changed my concentration to public relations and advertising. The decision to shift concentrations, though difficult at the time, led to myriad academic and professional opportunities, including working as the Editorial Assistant for SMB Nation, the Director of Promotions for Climb the Mountain and the Director of Public Relations for the T.O.H. Karl Forensics Forum. Within SOAC, I've worked with Mast Media as a copy editor; assisted in the coordination of debate tournaments and an international academic conference, the XII Transformative Learning Conference; collaborated with other students from across the school on the student advisory board; written press releases and articles for department events; and debated in international British Parliamentary Tournaments, winning the 2017 Pan-American Universities Debating Championship in Spanish.

About My Capstone: This capstone seeks to encourage interdepartmental collaborations across campus and deepen connections with the community. The United States has the second-largest Spanish-speaking population worldwide and has a history of language diversity, yet formal second-language (L2) learning rarely begins before high school. L2 listening is a necessary skill to effective communication, and in collaboration with Dr. Bridget Yaden, I launched Spanish Sin Fronteras, a podcast designed for students and members of the greater PLU community, and a corresponding Facebook page. In the written Capstone, I apply the uses-and-gratifications approach to justify the platform, audience, and promotional strategies, and consider the implications and necessity of this and similar projects.

Post-PLU Plans: In August 2017, I will move to Kent, Ohio to pursue a Master in Translation Studies at Kent State University. I accepted a position as a graduate assistant and will teach 12 credits of elementary and intermediate Spanish over the course of the academic year.



Name: Mallorie Ballard

Major with Concentration: Communication Studies

Minor: Sociology

Capstone Title: Under Construction: Women's Changing Portrayal in American Sitcoms

Biography: I was born and raised in Dallas, Texas until the age of 13. Although I feel as though I am still adjusting to the cold and rainy weather after all these years, I have been amazed at how much I have learned from adjusting to a different environment and culture. Most people do not assume that such drastically different cultures can be found within the United States, but it is very true. For me, seeing the differences in the cultures drew out a passion for people in me. I have developed a passion to work with people and to discover the most efficient ways in which to communicate with people across multiple different cultures. The past few years at PLU has helped me cultivate that passion as well as steer it towards career opportunities.

About My Capstone: My capstone revolves around the theory of social constructivism, and the changing of societal norms in American sitcoms from the 1950's to the early 2000's. I chose to analyze the sitcoms *I Love Lucy* (1954) and *Friends* (2004). Originally I wanted to analyze how the culture surrounding the behavior and treatment of women has changed over the years, however, seeing how that is such a broad topic, I chose to specifically analyze the treatment and cultural around a pregnant woman. In this capstone, I sought to observe how these cultures are changed and how they might be created or perpetuated through American sitcoms.

Post- PLU Plans: After I graduate, I plan on taking a couple weeks off to relax and spend time with my family and my two young sisters as well as travel as much as possible. I also plan on searching and applying for jobs during this time, while saving money and living at home.



Name: Angela Nommensen

Major(s) with Concentration: Communication: Conflict Management and Peacebuilding; Communication: Public Relations and Advertising

Minor(s): Politics and Government

Capstone Title: Attributions in Mediation

Biography: Born in Japan to a military family, Angela had the opportunity to travel substantially through life. By the time she was four she had lived more states than years old. During her childhood it was never a question, if she was going to college rather where she would go.

Relatively young, she lost her father during a training mission, which created a lot of internal and external conflicts. Following her father's dreams, she committed to University of Washington after high school. However, after graduation a friend moved to England and was offered a place to stay. She got an open ticket and used her college savings on various travels throughout Europe, greatly broadening her horizons. Confused and broke she decided to come home and start community college to navigate her own dreams. After her AA graduation, she went to the work field. Having children drove her to finish what she started years before, forcing her to assess and redirect her future. Knowing she wanted to help people in situations like her own, she found the conflict management degree at PLU and upon graduation is one step closer to this goal.

About My Capstone: During this research the author poses and answers two main questions: (1) How does attribution affect the mediation process? (2) How do mediators work through attributions, within themselves and the disputing parties involved, to alleviate attribution errors and find an agreement? The author defines attribution and fundamental attribution error through research by various scholars. The research also explains the different elements, strategies and benefits to facilitative mediation. The author then discusses experiences during their practicum with Pierce County Center for Dialog Resolution, becoming certified in facilitative mediation. Through the research of both attribution theory and the practicum, the author discusses how the research has provided substantial evidence attributions affects mediation and plays a significant role in the communication of the participating parties; hence eliminating fundamental attribution error leads to more formidable agreements. The research furthermore provides ways to work through attribution in both mediators and the disputants.

Post- PLU Plans: After graduation Angela will be traveling with PLU School of Business to a community near Leon, Nicaragua. The last semester the course has fundraised to cover the cost of the well and the student's participation. Students will engage with the community through the nonprofit Livingwater to help bring them clean water to public location for all to use. After the trip Angela plans to go right into building her career. She plans on continuing her service to the community through local volunteer opportunities and non-profits such as facilitative mediation at PCCDR



Name: Kaylie Rozell

Major(s) with Concentration: Communication (PR & Advertising)

Minor(s): Kinesiology

Capstone Title: Female Athletes Coverage in the Olympic Media

Biography: I was born in Anchorage, Alaska and lived there until I was eight years old. My mom could not handle the winters any longer, so she moved us to the warm New Mexico where I went to elementary middle and one year of highschool. My family then decided to move to Sumner, Washington for a job opportunity. Sumner High school is where I graduated from high school. I decided to choose Pacific Lutheran University because I wanted to stay close to home, the campus was beautiful, and I was able to play the sport I love, which is soccer.

About My Capstone: With my passion for communication and athletics.....

Post- PLU Plans: As of right now I don't have any big plans after college. I am hoping to find a job.