

Catherine Lynn Waddell

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ReturntoRussia.com | mboxmaker.com

softpowerevaluationframework.com



Education

Forest Ridge School of the Sacred Heart, Bellevue, WA

- GPA: 3.99 (unweighted)
- Grades 10–12, Expected Graduation: June, 26
- Arts Endorsement Pathway, selective cohort
- Advanced Integrated Studies (AIS) Self-directed, interdisciplinary research project

Holy Names Academy, Seattle, WA

- Admitted with Honors; Recipient, Holy Names Alumni Scholarship
- Grade 9

SAT: English 750 | Math 750

Leadership & Global Citizenship

STARTALK-One World Now Global Citizen Program, Seattle, WA (July, 25)

- Completed 4-week, daily, 7-hr. immersive STARTALK language fellowship in Russian. Collaborated with peers from regional high schools studying Russian, Korean, Arabic, & Mandarin; developed intercultural fluency skills & ethics of global citizenship; practiced civic leadership through language learning.

One World Now Youth Leadership Program (Oct., 25-June, 26)

- Invited participant. Meet biweekly, 3 hrs., & 1x monthly, 4 hrs. Attend policy & expert forums on international relations; collaborate on projects to promote global civic responsibility; visit key sites in Seattle-area related to diplomacy & international service.

Identifying Social Entrepreneurship Opportunities, online course, Copenhagen Business School (Aug., 25)

- Certified completion of course on community-based innovation & sustainability. Partnered with student from Sudan to co-develop start-up concept, **Surplus to Service**, with mission to creatively reuse surplus goods, gamifying history of reuse through trackable product tag & connecting users through online, social component. Co-produced business plan, pitch deck, & financial model.

mboxmaker.com, Founder (Aug., 25)

- Founded bilingual web-based platform to advance cross-cultural exchange through shared process of creating traditional Russian folk-arts & crafts. Mission to promote peace & connection through artistic process. Built M-Box brand concept: M=memory, M=maker, M=Matrushka.
- Design features implemented: (1) AI pattern decoder w/ instructions; (2) interactive, folk-art museum map; (3) Heritage Atlas, connecting folk-artists and enthusiasts; (4) Tea Circle, Russian-English exchange; (5) Virtual Dacha, hosts video workshops; (6) Treasure Chest, gallery of featured user art.
- MVP version live.

Independent Research and Advanced Interdisciplinary Study

Russian Soft Power: Cultural Diplomacy since the Invasion of Ukraine (25-26)

softpowerevaluationindex.com

- Researched and iterated framework; conceptualized web App to measure trustworthiness of soft power.

RememberingRussia.com

- Created AIS portfolio website: field visits to Russian Orthodox Churches, cultural centers, Russian language schools (Seattle, Portland, Vancouver); interviews with stakeholders and political and cultural leaders; resources. Findings to be presented in public scholarly forum, May, 26.

Research Paper: Micro-Diplomacy as an Act of Resistance: The Changing Landscape of U.S.-Russian Relations since the 2022 Invasion of Ukraine

- APA-style abstract and outline; annotated bibliography; 20 page paper, submitted for publication, pending.

Language & International Experience

Russian Language & Cultural Studies

STARTALK-OneWorldNow

- Russian 1: Daily immersion, 30 hrs/week, 4 weeks; performed as Baba Yaga in Showcase: *Baba Yaga and the Black Geese* (July, 2025)
- Russian 2: 3hrs/week. (Oct., 25–June, 26)

Introductory Russian

- Weekly lessons with native Russian speaker; conversational fluency and poetry. (Aug., 24–June, 25)

Eastern-European Student Union, Forest Ridge

- Member of inaugural year of club, attend weekly meetings. (25-26)

STAMP Test Rating - Novice High (Aug., 25)

Spanish Language & Spanish/Latin American & Caribbean Studies

- Spanish I-Spanish V, high-school courses, Freshman-Senior years. (22-26)
- Spanish Homestay & Immersion, Weeklong host-family stay; language & culture. (July, 22)
- OPI ACTFL level - Advanced Low. (Aug., 25)

Creative Leadership in the Arts

Arts Endorsement Program, Forest Ridge (24–26)

- Recognition pathway for excellence in interdisciplinary arts, creative leadership, & community engagement.

Head Student Costumer, Theater Department, Forest Ridge (23–26)

- Designed & led costume production for upper-school theatrical performances, including: *Mean Girls*, *Puffs*, *Sense & Sensibility*, & *Putnam County Spelling Bee*. Managed wardrobe coordination, budgeting, alterations, fittings, & backstage execution for casts of up to 40.
- Member, International Thespian Society.

Creative Writing

YoungArts Competition, 2026

- Writing-Fiction, “Pitch.” 15-pg. short story submitted for award, pending.

Visual Arts

Seattle Fashion Academy Summer Intensive (summer, '23, '24)

- Completed two, professional-level programs in pattern design, sewing, & garment construction.

Digital Fashion Design Club, Forest Ridge ('23-'24)

- Attended weekly meetings, prepared and submitted digital portfolio to YoungArts Competition.

Costume Designer, Holy Names (2023)

- Created original "Feather Duster" costume from scratch using hand-placed feathers & detachable elements (*Beauty and the Beast*).

Assistant Art Instructor, Go Go with Van Gogh – Diane Culhane Studio (June 2025)

- Supported classroom management & instruction for 16 children ages 8–10 in two-week, fine-arts camp. Assisted with painting, mixed media projects, & classroom operations (21 service hours).

Service & Employment

Honor Board Representative, Forest Ridge Upper School (25-26)

- Recommended by faculty to represent student voice in upholding ethical culture of trust & responsibility across upper-school community.

QSA Affinity Group Leader, Forest Ridge Upper School (25-26)

Plan and advertise weekly meetings, recruit members and speak at Assemblies, organize bake sale for The Trevor Project, post PSA flyers, collaborate with school leadership and Affinity Group leaders.

Student Supervision Assistant, Forest Ridge ('25-'26)

- Provide weekly morning supervision for students grades 5–8.
- Served as alternate assistant ('24-'25).

Event Volunteer, Saint John School '24

- Assisted with setup and breakdown of community and school-wide events (10 service hours).

Classroom Assistant, Holy Names ('22-'23)

- Work-study position assisting with end-of-day classroom organization & cleaning.

Choir & Vocal Performance

Advanced Choir & Glee Choir, Forest Ridge ('22-'26)

- Weekly rehearsals (3.5 hrs.); multiple regional & school performances; 3x in Annual Choir Fest, Benaroya Hall; attended 3, 2-day, weekend guest-directed choir intensives. Teaching Assistant, Advanced Choir.

International Choral Festival of Preveza, Greece (July, '23)

- Scholarship recipient to travel to Greece with school choir for 12-day tour. Performed in Preveza, Athens, and Delphi.