

Catherine Lynn Waddell

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ReturntoRussia.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 Memorial Scholarship
- Grade 9 ('22-'23)

SAT

English 750 | Math 750

Leadership & Global Citizenship

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

- Completed 4-week, 7-hr. daily language immersive in Russian. Collaborated with peers from regional high schools studying Russian, Korean, Arabic, & Mandarin on intercultural fluency skills.

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

- Attend policy & expert forums on international relations; collaborate on projects to promote global civic responsibility. Meet bimonthly, 3 hrs., & 1x monthly, 4 hrs.

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

- Certified completion of course on community-based innovation & sustainability.
- Co-produced business plan, pitch deck, & financial model. Partnered with Sudanese student to co-develop startup, Surplus2Service. Mission to reuse surplus goods, gamifying history of reuse through trackable product tag. Users connect through online, social component.

mboxmaker.com, founder (Aug., '25-present)

- Used Base44 AI to code bilingual app that promotes cross-cultural exchange as users create traditional Russian arts & crafts. Developed concept & visual components. Researched museums & genres. Planned pages: pattern decoder w/ instructions; folk-art museum map; tea circle for Russian-English language exchange while crafting.

Advanced Integrated Studies, Optional Independent Research

Micro-Diplomacy as an Act of Resistance: The Role of Soft Power Since Russia's Invasion of Ukraine (2022)

- APA-style abstract; outline; annotated bibliography; 20-page research paper.

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- Digital portfolio live (GoDaddy website builder template): in progress documentation: field visits to Russian Orthodox Churches, cultural centers, & language schools in Seattle, Portland, & Vancouver; interviews with experts on citizen-to-citizen exchange, Russophone diaspora, soft power; online resources.
- Used Base44 AI to code app, softpowerevaluationframework.com. Developed categories, planned interface, iterated scale demonstrating the degree to which Russian media/cultural site is authentic or coercive.
- Findings and portfolio pending presentation in upper-school academic forum, May, '26.

Language & International Experience

Russian Language & Cultural Studies

STARTALK & One World Now

- Russian I: Daily immersion, 4 weeks; performed as Baba Yaga in Showcase: *Baba Yaga & the Black Geese* (July, '25).
- Russian II: 3hrs/week (Oct., '25–June, '26).

Introductory Russian, 1-1 course, (Aug. '24-May '25)

- Weekly lessons w/ native Russian speaker; focus on conversational fluency & poetry.

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

Spanish Language & Spanish/Latin American Studies

- Spanish I-Spanish V, high-school courses ('22-'26).
- Spanish Homestay & Immersion, host-family stay; language & culture (July, '22)

Creative Leadership in the Arts

Arts Endorsement Program, Forest Ridge ('24-'26)

- 2-year recognition pathway for interdisciplinary arts, community engagement, & creative project.

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 2, professional-level 6-week programs: pattern design, sewing, & garment construction.

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

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

Costume Designer, Holy Names ('23)

- Created original Feather Duster Babette costume, using hand-placed feathers & detachable elements for *Beauty and the Beast*. Costume featured in program.

Assistant Art Instructor, Go Go with Van Gogh – Diane Culhane Studio (June '25)

- Supported classroom management & instruction for 16 children, ages 8–10, in 2-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, lead, & publicize weekly meetings; recruit members; speak at school-wide assemblies; organize bake sale for The Trevor Project; post PSA flyers; collaborate with school leadership & 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 & breakdown of community & 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 ('23-'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, Glee, grade 12.

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, & Delphi.

References Available, please request