



Sophie's Civic Engagement Journey

Meet Sophie Baggett '23

CCCE Fellow 2020-2023
Major: Biology, Minor: Spanish

Freshman Year: Sophie arrives at Carleton interested in **medical school** and seeks out healthcare related volunteer opportunities. She swims on the varsity **Women's Swim and Dive** team.

Sophomore Year: Sophie begins **employment** as a **CCCE Fellow** in the **Academic Civic Engagement** cohort. Sophie declares a major in **Biology** and minor in **Spanish**.

Summer after Sophomore Year: Sophie teams up with her friend Kristin Hultgren '23 on a **Four Friends Fellowship** to design and co-host a workshop for high school seniors in her hometown called "College, COVID, and Mental Health."

Junior Year, Fall: Sophie studies abroad with Carleton's **Off-Campus Study (OCS) Spanish Studies** program in Madrid with Professor Palmar Alvarez-Blanco. There, Sophie takes the "Welcome to the Spanish Revolution" **Academic Civic Engagement (ACE) class** and gets interested in taking more ACE classes to learn how she can use academic skills to address the social issues she cares about. Her Spanish skills are now quite strong, and she's learned about social change in Spain in a way that relates to her interests at home.

Junior Year, Winter: Sophie liked her ACE course and Spanish-language study in Madrid, so she signs up for the class "Films and Literature on Labor," an **ACE theoretical class** with Professor Hector Melo Ruiz where they learned from Ricardo Levins Morales, an organizer and artist based in South Minneapolis. Upon returning to Carleton, Sophie also begins working in the Health and Belonging cohort, now splitting her time with ACE

Junior Year, Spring Break: Sophie signs up to be a co-leader of a **Alternative Spring Break trip** to Wolf Ridge Environmental Learning Center, a low-cost experiential learning opportunity focused on food systems and sustainability. Along with other trip leaders, she gets training on how to facilitate group learning and reflection through the CCCE.

Junior Year, Spring: As a CCCE fellow, Sophie works with her CCCE supervisor Erica Zweifel to launch a new **Certified Nursing Assistant (CNA)** program at Carleton in response to recent labor shortages at local nonprofit healthcare partners.

Summer after Junior Year: Sophie works with the **Carleton Fellowships Office** to find funding so she can conduct **research** in Puno, Perú with Carleton Archaeology Professor Sarah Kennedy. On the trip, Sophie focuses on the community engagement aspects of the project, creating and disseminating information about archaeology projects and heavy metal poisoning.

Senior Year: Sophie works with the **fellowships office** again to apply for and be accepted to the **Fulbright Science Initiative** in Chile, where she'll work with researchers at a leading science center after she graduates.

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