

Rachel Rush

Rachel is a Senior at Aurora University, where she is studying Communication and Psychology. Rachel's passion helping youth prosper has led her to work in school, missions, and as the director of various youth ministries. These experiences have given Rachel the opportunity to see how a lack of resources and guidance affects many communities, and led her to study the systems and activities that help students best learn and succeed. Rachel conducted an independent research project studying the effect of pep-talk on students' anxiety level during public speaking in classrooms and overall effect on students' performance in classrooms. This study has confirmed Rachel's interest in community mental health programs as she plans to pursue youth counseling in order to support community-based mental health programs.