

## **Biography for Cachet Garrett**

Cachet is a true Alaskan, born and raised in Palmer, Alaska, to a Christian family with strong traditional values. Her father was a Marine and an Alaska State Trooper, which formed the foundation of her value system and rich public service orientation. She emerged at a young age as a high achiever who strives for excellence in all that she does. She is a motivated, passionate, and natural leader with strong convictions to serve her communities and the state of Alaska. Cachet plans to run for state office upon completion of a terminal degree from the University of Alaska Fairbanks. Her values are centered around leadership, excellence, and communication.

Her university experience includes one semester at Mat-Su College and a Bachelor in Human Communication from the University of Alaska Southeast (2008), with emphases in Interpersonal and Intercultural Communication and a minor in French. Her leadership and extracurricular involvements include serving several semesters as senator and one year as student body president in the student senate, one year as president of the Student Alumni Association, being a participant of Model United Nations, and a member in the Ultimate (frisbee) Club and the International Club. She is an avid volunteer, spent a term as an AmeriCorps member, and is an 11-year Big Sister with Big Brothers Big Sisters of Alaska. Her work experience is vast, including nannying and waiting tables to being Campaign Director with United Way of Southeast Alaska. Cachet studied at Maui School of Therapeutic Massage, graduated in 2011 with a 4.0 and is a licensed massage therapist in Alaska.

Cachet's graduate studies began in August 2018, in the Master of Professional Communication degree program at UAF. Cachet is thriving in her new communities of UAF and Fairbanks and is very involved. Cachet is representing students as a senator with the Associated Students of the University of Alaska Fairbanks (ASUAF), is on the RISE Board, and is a member of the Ground Squirrel Improv Club.

Cachet is a patriot who advocates for freedom and equality. She values learning and development, leadership, positive thinking and right action. She is bright, charismatic, compassionate, empathetic, resourceful, supportive, encouraging, engaging, courageous, creative, enthusiastic, curious, fun, and genuine. She loves leadership and heeds her long-time calling to step into more significant roles of leadership at this time. She is an idea person and is confident of her abilities to practice equanimity and be creative in the resolution of problems. She values communication, active listening, understanding, kindness. She is an excellent organizer, planner, motivator, activator, and mobilizer. She has a marked ability to connect well with others and is excited to work with Governor Dunleavy, the legislature, President Johnson, the Board of Regents, and the students at large as the Student Regent for the UA system. She will give it her all.

Cachet's hobbies include world travel, volunteerism, hiking, camping, visiting hot springs, reading, and spending time with her three animals. She hopes to do mission work in Africa, to visit Antarctica on research, and to foster and adopt children in the future.