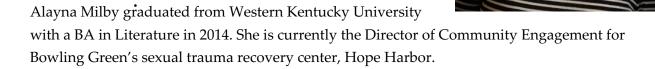
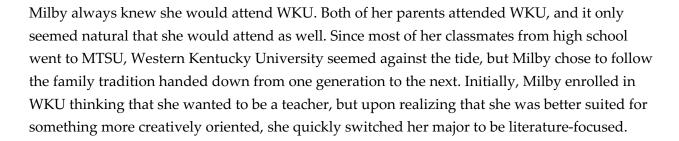
Alayna Milby, B.A. English, Literature, 2014

By Abigail Raley

Hope Harbor Director of Community Engagement

"I will defend English and the humanities because that really created my ability to recognize that people's experiences create who they are."





Milby found her job at Hope Harbor, a non-profit crisis counseling center for sexual abuse victims, their families, and their friends, after volunteering with the organization after graduation. "My passion for this work is what made me stand out" Milby said. "I'm very fortunate that I found my dream job so quickly." She moved up from volunteering to volunteer coordination, eventually ascending to her job as Director of Community Engagement. Her job entails organizing fundraisers, community events, and even services outside of counselling for Hope Harbor clients. Milby has recently become officially certified as a yoga instructor and plans on bringing those new skills to the center for clients and community members.

"I'm hoping it'll help assist in transitioning clients out [of treatment]" Milby said. "We don't have the capacity for these large caseloads, so that was my idea of how yoga could be beneficial."

While Milby has a BA in literature, most of her coworkers majored in social work or psychology. Milby believes that her experiences in literature give her a fresh perspective in her work, and that her experience in English makes her better at her job. "I think [my major] had a huge impact on my ability to empathize with people and especially marginalized groups"

Milby said. Milby's abilities to empathize in literature translate into real life, making her a better organizer and advocate.