



Cate VanNostrand

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Education

- University of Memphis, M.A., English (Technical Communication)
- University of Memphis, B.A., English (Professional Writing) & History
Thesis: *Lady Locks: An Analysis of Hair in the Ancient Mediterranean*
Committee Members: Ben Graham, Chrystal Goudsouzian

Internships

- *Content Writer*, January 2026-present
Neon Canvas, Memphis, TN
- *Digital Marketing Intern*, June 2025-December 2025
Neon Canvas, Memphis, TN
- *Freelance Editor*, 2023-present
Redhead Revisions, Memphis, TN
- *Literary Agent Assistant*, 2024-present
Martin Literary Management, Memphis, TN (remote)
- *Social Media Intern*, May 2024-Aug 2024
University of Memphis, Memphis, TN
- *Social Media Management Intern*, Jan 2024-June 2024
- Literacy Mid-South, Memphis, TN

Publications

Print

- “Famous Birders of History: William and John Bartram - Like Father, Like Son”,
Memphis-Tennessee Ornithological Society (April 2024)
- “Famous Birders of History: John James Audubon - Naturalist Pioneer”,
Memphis-Tennessee Ornithological Society (March 2024)
- “Famous Birders of History: Alexander Wilson - Father of American Ornithology”,
Memphis-Tennessee Ornithological Society (February 2024)
- “Famous Birders of History: Mark Catesby - Founder of American Ornithology”,
Memphis-Tennessee Ornithological Society (January 2024)



- “Bench Seat Buddy”, *Seize the Moment: Honoring the Mercy of the Savior*, CDXC Aurora Lux Libri Publishing (Oct 2023)
- “Bald Eagle Nesting in Memphis?”, *Memphis-Tennessee Ornithological Society* (May 2023)

Online

- “Russian History Trivia with Cate”, Teen Writer’s Nook (March 2024)
<https://www.teenwritersnook.com/2024/03/02/russian-history-trivia-with-cate-in-which-i-pretend-to-know-more-than-i-do/>
- “Worldbuilding Lessons from a History Major”, Scribes and Archers (Feb 2024)
<https://rmarcher.com/2024/02/worldbuilding-lessons-from-a-history-major/>
- “The Truth About the “That Girl” TikTok Trend”, The Rebelution (Sept 2023)
<https://www.therebelution.com/blog/2023/09/the-truth-about-the-that-girl-tiktok-trend/>
- “Why Christians Should Care About Nature Conservation”, The Rebelution (Nov 2022)
<https://www.therebelution.com/blog/2022/11/why-christians-should-care-about-nature-conservation/>
- “Is the Sabbath Still Relevant to Christians?”, The Rebelution (July 2022)
<https://www.therebelution.com/blog/2022/07/is-the-sabbath-still-relevant-to-christians/>

Representative Presentations, Panels, and Talks

- “Brave and the Bold: Spies and Subterfuge During World War II”, Works in Progress Symposium, November 2025, University of Memphis, Memphis, TN
- “How Developmental and Line Editing Shape a Publishable Manuscript.” Skillful Pen Press Virtual Summit, June 2025, Skillful Pen Press, Memphis, TN
- “Halbstarke: How American Cultures, Traditional Values, and War-Torn Teenagers Helped Split a Country in Two”, Phi Alpha Theta, April 2024, University of Memphis, Memphis, TN (Won Best Presentation in Panel)
- “Lady Locks: Hair in the Ancient Mediterranean”, Works in Progress Symposium, November 2024, University of Memphis, Memphis, TN

Honors, Awards, and Grants

- UofM Marcus W Orr Humanities Scholarship, 2025
- UofM Elizabeth C. Phillips Memorial Scholarship, 2025
- UofM MidSouth Society for Technical Communication Scholarship, 2025
- UofM Janann M. Sherman Undergraduate Award for Women’s History, 2025
- UofM Helen Hardin Honors College Scholarship, 2024-2025



- UofM Experiential Learning Fellowship, 2024-2025
- UofM Provost Scholarship, 2022-2025
- UofM Dean's List, 2022-2025

Service

Professional Service

- Student Leader, Quill Collective, 2025 to present
- Leadership Council, National Center for the Humanities, 2024-2025

Community Service

- Copywriter, Mayapple Designs, Jan 2024 to present
- Editorial Assistant, Memphis-Tennessee Ornithological Society, Sept 2019-May 2025
- Phone Buddy Caller, Metropolitan Inter-Faith Association (MIFA), May 2023-Aug 2023
- Letter Writer, Crossroads Hospice, Feb 2023-May 2023
- Letter Writer, Greater Nashville Regional Council (GNRC), Sep 2022-Feb 2023
- Letter Writer, Meritan Inc., Sep 2022-Feb 2023
- Pet Profile Writer, Fayette County Animal Rescue, July 2022-Dec 2022

University Service (last 5 years)

- UM Global and On-Campus Inagural VP, Student History Society, 2025 to present
- Publicity and Social Media Chair, NSLS - Memphis Chapter, 2025-present
- Social Media Liason, Student History Society, 2024 to 2025

Professional Organizations and Certifications

- Phi Alpha Theta (National History Honor Society), Epsilon Nu Chapter, 2025 to present
- Sigma Tau Delta (National English Honor Society), Psi Omicron Chapter, 2024 to present
- Memphis-Tennessee Ornithological Society, 2019-2025

Relevant Courses Taken

- CLAS 2481: Mythology
- CLAS 3021: Medical Terminology
- ENGL 3210: British Lit to 1750 (Honors)
- ENGL 3220: British Lit since 1750 (Honors)
- ENGL 3327: American Literature to 1865 (Honors)
- ENGL 3601: Technical and Professional Writing
- ENGL 3602: Professional Editing (Honors)



- ENGL 3604: Persuasive Writing
- ENGL 3607: Fiction Writing
- ENGL 6618: Document Design (graduate level)
- ENGL 7809: Technical Editing (graduate level)
- HIST 3324: The Ancient Roman World
- HIST 3815: World War II (Honors)
- HIST 4160: Russia to 1917 (Honors)
- HIST 4162: Russia after 1917
- HIST 4260: World Since 1945 (Honors)
- HIST 4326: Imperial Egypt
- JRSM 1700: Intro to Media
- LATN 1010: Elementary Latin I
- LATN 2010: Elementary Latin II
- LATN 2010: Intermediate Latin I
- LATN 2020: Intermediate Latin II (Honors)

Languages

- French - reading/writing proficiency
- Latin - reading/writing proficiency
- ASL -beginner
- Spanish - beginner