

Okay With The Unknown

Josie Caringi, Colorado Plateau '24



"It's a constant state of growth that's so beautiful to witness in yourself and other people. Accept that there will be overwhelm, but take comfort in finding balance. You just have to experience it - be okay with the unknown. Trust that through the experience you'll get what you need."

Josie Caringi is not afraid to follow her heart. She trusts herself to make big decisions based on what her heart wants and is confident it will lead her where she's supposed to go. This is how she found herself as part of the 2024 Colorado Plateau class. The year before, she visited a friend on the course during a recess day. When the friend described how transformative the class was and encouraged Josie to take it too, she submitted her application later that same day. A year after taking the course herself, she's doing the same for others, encouraging them to trust what their hearts want as well. When reflecting on the course, she points out that it was not only an academically significant experience for her, but one that changed the way she approaches relationships, self-care, time management, and more. She applied practices she learned in the field to her everyday life, and they continue to influence the path her heart is leading her on in school and life.

"Every time I talk to anyone, I tell them to do a WRFI course. I feel like everyone says this about field courses, but it was one of the most impactful events of my college career that couldn't be replicated in a different setting. I advocate for everyone to do one."



Josie Caringi is a junior at the University of Montana. Before taking her WRFI course, she was a Dance major, but the credits provided by Colorado Plateau allowed her to add an Environmental Studies minor to her academic resume as well, which she describes as a good fit for both her interests and experiences and credits WRFI for helping her jumpstart the decision to pursue the minor.