



Alitha Thompson

Alitha Thompson is the Vice President of the Utah International Mountain Forum and President of the Utah Valley University Foreign Affairs Club. She is happily married to her best friend and a mother of 5 children aged 11, 9, 7, 5, and 3.

After overcoming severe postpartum depression, she realized she needed to find her own dream. As she explains, “Every mother needs a dream and goal to work towards. You shouldn’t have to choose between loving your children or pursuing your dream.” She found her dream in advocating for other mountain mothers. It is the student-engaged learning method that gave her the chance to be able to walk the line between mother and advocate.

Alitha is currently studying Global Politics at Utah Valley University with a dual minor in Chinese Language and Chinese Studies. She dreams of a globalized world where families can prosper together believing no family should be torn apart in order to provide a better life.

“Every person, no matter which culture or country they belong to, all wants the same thing: To be able to live their dream and provide for their family. The only way to accomplish this is by working together: accepting each other’s differences, and embracing our similarities. ”