

Wilma Rudolph

Wendy Cao

Junior Division

Individual Website

Process Paper Length: 492

Process Paper

After learning about World War II and the Cold War to gain background knowledge for a novel study in English, I became intrigued by the 1940s. While researching about that period, I stumbled upon the 1960 Rome Olympics and decided to focus my research on Wilma Rudolph. I was fascinated and inspired by her life story, and how she was able to continue persevering through numerous obstacles and eventually achieving her lifelong goal of becoming a famous athlete.

For my research, I used a variety of sources, including podcasts, newspaper articles, interviews, books, and multimedia resources. Since the 1960 Rome Olympics were the first games to be televised, I was able to obtain quite a few videos of Rudolph in action at the Olympics. I listened to podcasts about Wilma Rudolph, watched news footage of her, and read transcripts of her interviews with reporters. Much of my research was done through online journal articles from many renowned sources, such as *The Atlantic* and *Olympic*. News archives from *The Washington Post*, *Chicago Tribune*, and other newspapers were used as primary sources for my project.

I chose to do a website because it is the most interactive and creative category that National History Day provides since NHD WebCentral allows me to choose between many different design elements. It allowed me to emphasize specific parts of my content and add in many visuals and multimedia such as a video of Wilma racing in the 1960 Olympics, allowing my website to be more in-depth and intriguing to readers. Creating a website gave me a lot of insight into the digital world, and this experience may help me later on since digital technology is being more and more involved in daily life. My website has a black-and-white theme since

most pictures from that era were monochrome, and my quotes had a reddish-gray background and bolded border to help them stand out. After deciding on a theme, I organized it by the home page, thesis, background information, major parts of Wilma's life, the barriers she broke through, and my research papers that included my process paper and annotated bibliography. I connected my information by adding pictures, quotes, and revising until my website was complete.

The topic of Wilma Rudolph perfectly fits in this year's theme of Breaking Barriers in History. She had to learn to fight for survival at a young age in a very segregated city, and also because of discrimination she lived in poverty. In addition to surviving many diseases and countless other troubles, when trying to achieve her dream of becoming an athlete, she not only broke down gender barriers by being the first American woman to win three gold medals and attracting more attention to women's sports, but also broke racial barriers as an activist after her Olympic career. Rudolph's Olympic success was a testament to her determination and perseverance, and her actions and values will serve as a role model for future generations.