Kara Woods was born and raised in rural Northern Wisconsin. She attended Ripon College in Ripon, Wisconsin where she received degrees in mathematics and physics. As a military wife for over 27 years until her husband's retirement as an Army Colonel, Kara taught in schools across America from Florida to North Carolina and Texas to Hawaii. Living in Prescott since 2013, she taught the advanced math program at the Middle School before opening a business and becoming a member of the Prescott Unified School District's Governing Board. Kara resides in Prescott with her husband and her two children and their families. A lifelong conservative Republican, she has been extremely active in Republican politics in Arizona as a Precinct Committeeman, a State Committeeman, and the Treasurer of the Yavapai County Republican Committee.