Kathryn L. Lupold began her teaching career as an instructor in Social Studies and English at Cleveland Public Schools from 1964 to 1967. She then taught History, Government, Economics, and English at The Andrews School in Willoughby, Ohio, from 1967 to 1988, where she also served as Dean of Students from 1980 to 1988.

She holds a Bachelor of Science in History with minors in English and Secondary Education from St. Louis University, Missouri, obtained in 1964. She furthered her education with courses in History, Economics, Government, Philosophy, and Geography at Lakeland Community College, Ohio, from 1971 to 1978. In 1980, she studied Local Government and Politics at John Carroll University, Ohio. She also completed a course on Victorian Society at Worcester College, Oxford University, England, in 1984, and participated in a non-credit Comparative Education program through a three-week trip to the Soviet Union with Bowling Green State University, Ohio, in 1985.

She has received several scholarships and awards, including the NDEA Grant in Geography (6 semester hours) from The Ohio State University, Ohio, in 1966, the ATO, Inc. Grant in Economic Education (5 semester hours) from Lake Erie College, Ohio, in 1980, and the National Humanities Institute Grant for "Republics: Ancient and Modern" (non-credit) at the National Humanities Institute, North Carolina, in 1987.

In terms of public service, she has volunteered at the Lake County Historical Society since 1987, assisting with special programs and has been part of the Volunteer Association since 1989. In April 1996, she joined the Board of Directors of the Lake County Historical Society and served as President of the Board from May 2001 to May 2003. Additionally, she was a member of the Lake County Board of Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) from July 1, 1991, to June 30, 1999, and served as Chair of the Board from July 1995 to June 1996 and again from July 1998 to June 1999.

As a special honor, in June 1988, she was invited by the graduating class to be the commencement speaker at the commencement exercises at The Andrews School.