

Some people play sports to stay in shape and busy; to add structure to their weekly routine that they follow. But I play sports, more specifically volleyball, because of the person that it has made me. Volleyball has taught me countless life lessons and shown what real genuine hard work looks like. It has taught me that expecting a different result when you have not put in work to improve or identify the issue is pure insanity. This has carried over into school as I know in order to receive the grades I want, I need to work hard, and I need to struggle before I can understand the entirety of a unit. Volleyball has also taught me how to be a caring and selfless human. With volleyball being such a mental game, it's easy to constantly look inward and over-analyze your performance, but I have learned that when you play for your teammates, something bigger than you, it all falls into place as your nervous system is no longer firing at all cylinders. I think in connection, it has also taught me how to be a gentler human being. Each person is very different with how they respond to stress, anxiety, heightened emotions, and loss. Playing next to five other people on the court, it is necessary that you learn how each one of those people processes various emotions. If nothing else, I approach volleyball with a positive mindset, because I know that rage and anger will not fix anything, it will only add to the chaos.

Throughout my early childhood I was always drawn to the doctor playsets. My favorite was a black, Fisher-Price vinyl doctor's bag that had all the tools necessary to diagnose my teddy bears and American girl dolls. As I attended lower and middle school in various science classes we created things like makeshift lung diagrams out of balloons and water bottles, and working interactive digestive systems with various household items and recycled containers. I was drawn to the beauty and complexity of the human body and always looked forward to the next project that involved learning more about the human body. Just this past year, during my senior year of high school, we were given the option to take CIS anatomy and physiology through the University of Minnesota. Getting to more closely understand and explore the human body as well as dissect lamb brains, cats, rats, cow eyeballs, etc, my hope to go into healthcare was even more cemented. In addition to science, I also adore tiny humans. If we are at a restaurant, family reunion, or simply in a store where there is a baby or a little child, I will be interacting with it. There's something so innocent and sweet about kids who are still exploring and learning about the world around them. Through different mission trips, helping out in orphanages, crisis nurseries, and babysitting, I have carried my desire with me to go into pediatrics and help kids who cannot yet help themselves. I hope I can be an uplifting light in their lives, no matter the situation, dire or not.

Please consider my application for the scholarship as I think it would help to benefit me and support my future dreams and aspirations. When choosing a secondary institution, I wanted to go somewhere that prioritized learning and going past the surface level of a concept. Somewhere that had hands-on learning, where the professors knew your name, where the relationships would extend farther than just the classroom or lecture halls. Wanting this more intimate and personal college experience, also means higher tuition for private institutions like St. Olaf. This scholarship will help me to carry on doing what I love without feeling any limitations.