

“How important is your social and emotional well-being, and what aspects of your social and emotional well-being have helped you be successful?”

Now, more than ever, I’m realizing it’s very important to prioritize my well-being in all aspects. In August, my mom was diagnosed with stage three colon cancer. Since then her cancer has metastasised and she is now seeking medical treatment out of state. It has been very hard being so far apart for so long but focusing on what I can control has made the journey much more manageable. Going through this tough, life-changing experience has taught me that if I do not take care of myself, I cannot take care of others in the capacity I would be able to if my well-being was attended to.

In elementary school, I remember learning about filling someone else’s bucket and learning how to be a “bucket-filler”. A smile and hello or a kind gesture can go such a long way especially when you know nothing about what a person may be going through. The simple acts of kindness people give are what make my day and I know that by doing the same I can help make someone else’s day. Supporting others has always been something I enjoy doing. The satisfaction I receive from helping someone else even in the simplest ways brings me so much joy. This only happens though if I “fill my bucket” first. I have never been the type of person to put myself first, but I have learned from experience that it’s hard to give someone 110% when my “bucket” is empty.

Being someone who loves helping others and is passionate about education and teaching, I recognize that it is and will be critical that my social and emotional well-being is one of my top priorities. Since I was five years old, I have dreamed of being a kindergarten teacher. I have grown up watching my mom improve the lives of others as an educator and I’d like to make a difference just like she has. Something I have learned from her is to turn my struggles into my strengths. My mom is a very selfless and giving person and I believe that those are also great strengths of mine. These strengths are also my weakness but they are what help me succeed. I spend a lot of my time making sure everything is going well for others, that everyone is taken care of. My whole statement in this essay is that I cannot help others without helping myself first. I believe how this has helped me succeed is the way that serving others brings me joy and happiness and therefore “fills my bucket”. Helping others, showing kindness, leading by example and trying to be the best version of myself makes me look forward to the days when I can teach. I know that when I demonstrate to my future students that their social and emotional well-being matters, it will certainly have a positive impact in their lives.

I hope that through this glimpse of writing you may see that I strive to be a kind, caring, considerate person. I realize many people go through hard things in their lives, I know that being able to earn this scholarship will help make my dreams come to fruition. I am very hopeful that I may be the candidate who has the honor of being selected. I believe I am an excellent candidate for this scholarship and would greatly appreciate your consideration.

June Nelson Memorial Scholarship Essay/Student Involvement History

STUDENT LEADERSHIP:

Student Council:	Freshman Year Sophomore Year Junior Year Senior Year	Secretary Member at Large Class President Student Body President
Educators Rising:	State Officer	2020 - 2021
National Honor Society:	Student of the Quarter Officer	2021 - 2022
Student Voice Rep:	Student Voice Panel KPBSD	2020 District Student Representative to the
School Board		(1 per district), 2022-2023
Member of Council:	Counseling Advisory Committee Site Council	2022 Member, 2021 - Present

ACTIVITIES:

Sports:	Swimming XC Running 2022 and Varsity	July, 2019 - October, 2019 2020 - 2022 seasons (Team Captain Letter 2020, 2021 & 2022) Senior Runner of the Year 2022 2021 2019 - 2022 (Varsity Letter in 2020 & Improved New Skier 2020)
Educators Rising: present	Competitor	Member of this organization 2019 - 2019-2022 (1st place State 2022; 2nd 1st place National 2021)
Choir: 2022)	Swing Choir Alaska All-State Choir Member All-Northwest Choir Member KPBSD Honor Choir	2020 - Present (Lettered 2020, 2021 & 2021 - Present 2022-2023 2020, 2021, 2022, 2023
National Honor Society:	Member	2020 - Present

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Drama/Theater: (2 parts), 2019	Supporting Role	School Musical - Beauty and the Beast
2021	Lead Role	School Musical - Annie the Musical,
2022	Lead Role	School Musical - Something Rotten,

COMMUNITY SERVICE:

Caring for the Kenai: helping many	6th place winner	2020 Started a clothing closet freshman year families in need.
Volunteer: National Anthem	Local Hockey Clubs	Support siblings, run the clock, sing the for games, help tally score sheets, set up/clean up for events, hosted fundraising event.
Tutoring: help to build my	Varying school ages	Kindergarten through high school ages, own teaching skills in my pursuit of my teaching degree.
Creation of yard signs: signs for the	Covid Seniors	Solely set out to make Graduation yard Class of 2020. Contacted local businesses and community members to obtain donations. I wanted to acknowledge the senior class during the pandemic.
Parent/Teacher Conferences:	Child Care	2021