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March 21, 2023

### June Nelson Memorial Scholarship Essay

The ability to understand and manage our emotions, form social connections, and relationships with the world around us is essential to living a life full of happiness and success. A sense of connectedness with your community, culture, and the place you live is vital in life. About my sophomore year of high school, I came to realize how important my social well-being was. I have come to realize this because I noticed I feel more uplifted and lively when I'm around friends and family. Having healthy bonds and relationships can promote a better mindset and outlook on life. It is something I have not realized until I distanced myself and found myself unhappy, which negatively affected my overall well-being.

My emotional well-being has become a lot stronger since I have attended Mt. Edgecumbe High School, a boarding school located in Southeast Alaska. Having a strong relationship with my family and friends from back home, it was hard for me to adapt to this new lifestyle of being nearly a thousand miles away from them. I came to Mt. Edgecumbe with hopes of accessing better educational opportunities than I could in my small hometown of Kobuk, Alaska. This meant that I had to face the challenge of leaving behind all my family, friends, and hobbies of which are very important to me. It took awhile for me to adjust to boarding school, but having made awesome friends and finding hobbies here, my emotional well-being rebounded. I found ways to cope with being away from family and the things that I love back home by keeping in touch, doing similar activities I used to, and exploring new hobbies here in Sitka. Northwestern and Southeastern Alaska consist of dissimilar activities.

Communicating effectively, carrying out empathy, and making decisions responsibly have immensely helped me become successful. I am grateful that I came to boarding school because I have learned so much more than I would back home. Not only in the classroom, but I have learned so much about life and inherited many important life skills. I believe these aspects have positively impacted my social and emotional well-being because they've helped me to build and maintain healthy relationships with my peers and successfully cope with hardships and adapt to change.

Last but not least, accepting myself and being proud of who I am. I found joy in loving and taking care of myself, all while learning more about myself. I believe that if you accept who you are, not only are you happier with yourself, but also happy with everything surrounding you. It's hard to spread positivity when you feel negativity within yourself. Being the best person that you can possibly be is important because it influences how you interact and work with others, which is an important life skill and a key to becoming successful. Having to work and live with other students in a boarding school has helped me overcome difficulties interacting with others, and it has taught me how to deal with it. It has also shaped me into a more understanding and respecting person. This impacts my social as well as my emotional well-being because it has successfully helped me become socially connected and overcome challenges which I did not face as well before.

Ongoing your journey to success is more of an obstacle without a decent social and emotional well-being. Consistently staying socially connected with peers and loved ones releases positive hormones, which results in a positive outcome of whatever it is that you're doing. Challenges we face-especially independently-strengthens and stabilizes our emotional

well-being. These aspects are important and have made a positive impact on my life as I have been and continue to reach my goals of success.