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Dr. Coaplen

English 101

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My essay is for the University of Texas and is an attempt to answer the prompt question, “Tell us your story. What unique opportunities or challenges have you experienced throughout your high school career that have shaped who you are today?” It is about how Power Poses has affected my life academically and athletically. It also addresses the skills I’ve learned from it and how I’ll use them in college. The requirements are 500-700 words and MLA formatted with 12-point Times New Roman font & double spacing.

Strike a Pose

"Shoulders back, Nya," my dad insisted while forcefully moving my shoulders behind my ears. I sighed and yanked my shoulders from under his grasp. I continued to walk towards my gate to board a plane after a rough couple of weeks at USA volleyball. On the busy plane, I check my phone and see my feedback report. Something that caught my eye said, "you should speak your mind more often, and be confident in yourself." Time goes by as I strive to find ways to boost my confidence. At some point during my sophomore year of high school, I found the solution. It changed how I went about high-risk situations and boosted skills that I will use at the University of Texas once I leave to start my life. "This is a Power Pose," my high school coach exclaimed.

What is a Power Pose you may ask? It's a posture, stance, or position you mentally associate with having power or confidence. After you strike your pose, you exemplify that same energy that you associated with that pose. Positive power poses exemplify confidence, negative poses could show timidness or self-doubt. I adopted two positive, effective poses that have grown my skills in being an effective leader and athlete and being confident in all my abilities as a student.

Wonder Woman is an iconic character known for her heroism and golden lasso. But in my case "Wonder Woman," is one of the many power poses. Just imagine a person standing straight up, chest out, with hands on their hips. To me, any person who stands like that is secreting confidence. I've used it to help overcome my battles in volleyball. For example, not making the USA team. I lacked self-confidence when I first tried out for the USA team, which led to me not performing at my best. The boost in confidence due to this particular power pose allowed me not

only to display my physical abilities better but also allowed me to present my leadership and communication skills. I can now give practical advice to my teammates and rally us to victory all because of a simple pose. The Wonder Woman pose has allowed me to take advantage of second chances and the next time I tried out for the USA U19 Volleyball Team, I made my stance and the team too.

Currently, 35 hours of my week are spent sitting in school, so I had to find a sitting pose that would boost my performance in class. Sitting "ladylike" is something I found a lot of success in. I envision women like Michelle Obama and Oprah Winfrey sitting this way and knowing that I can be just as successful as them. My back is straight, my legs, crossed and I'm ready to ace any test, quiz, or assignment that comes my way. My thoughts then focus on one thing which is exceeding the standards of whatever I'm doing. The same technique helped me accomplish one of my many goals in my junior year; getting a 5 on my AP test. I continue to use this pose in all my classes. I can see it now, sitting, ladylike in a lecture, engaged and assertive, aiming to get an undergraduate degree in kinesiology.

Different Power Poses have allowed me to step into leadership roles in my community. It has given me the confidence to advise young girls and help them strive for their goals in volleyball. I will continue doing this once I arrive in college and host camps for kids. I've also helped tutor kids in math, a subject I previously had trouble with but thanks to my ladylike way of sitting inspiring courage and assertiveness, allowed me to be able to change my way of thinking about math and not only benefit myself but others as well. I plan to continue to push others to strike their power pose too!

Word Count: 655