Pursuing a career in physical therapy or sports medicine has been my goal ever since 8th grade. 8th grade was a turning point in which I finally started to have an idea of what career I desired to discover more about. I broke my leg playing volleyball and during my recovery, I had to visit a physical therapist frequently. During that time I learned a lot about the job. It intrigued me that you can practice it in a wide range of environments like a swimming pool and with an even more comprehensive range of people and problems. I love that physical therapy takes a holistic approach because you get to know not just the needs of a person physically but mentally and emotionally too. I knew this would be a great fit for me since I like to explore things and people deeper than the surface level. My anatomy class has allowed me to explore how the body works and why. Physical Therapy adds another layer to that and will help me explore what treatments or exercises will affect the body. The Department of Education will also help me reach this goal. Here, I will study and pursue classes in Kinesiology and Health Sciences. I will use the knowledge and experiences from there to inform and help others in their recovery and strengthening processes. I'm excited to learn and combine knowledge with others with the same passion to form better methods in the future.

Throughout my high school career, I've been told that I need to be this loud and super outspoken but I've never found that to be me. What I have found out is that when it comes to giving advice, organizing things, and bringing the best out of myself and others, I stand out. In volleyball, we all have our perspective roles, whether it was the hype man of the team to the quiet but hard-working players. The group decided mine was the Thermostat and the Strategist. The Thermostat of the team sets the tone, demands the best out of themselves and others on and off the court, and advises. I continuously consult with my teammates for advice to help them better their skills. Outside of volleyball, I tend to be called upon for relationship advice and advice on other issues like stress in school. In order to be an effective leader you have to be a great listener and be able to respond accordingly. The strategist plans ahead and always thinks of ways to improve and succeed. I study film to find areas for improvement and reach out to my teammates so we can work hard to reach the goals we make. I also tend to make most of the plans for my friend group. Making sure everyone can be there, deciding the time and places of events, and making sure everyone has a good time is my job. At the University of Texas at Austin, I plan to advance my role as a thermostat and strategist. I will work with others in a classroom and on the volleyball court and be that person that pushes everyone to be their best and reach their potential. Or if need be just be there as a listener for other Longhorn students.