

Application for the Wichita State's Honors College:

(6-12 sentences) What do you want from your college experience?

Over the next several years, I will learn more about biomedical engineering and grow as an individual. I have taken an interest in the field of biomedical engineering over the past two years, and I am eager to meet and work with other students who share my interest. Through college, I will expand my knowledge of how the body interacts with technology, and I will be better prepared for my future career.

During my time at Wichita State, I also want to grow as an individual by leaving my comfort zone and working with new peers. I have been studying and working with the same individuals in the same organizations for many years and have become comfortable within my own small world of connections. I look forward to meeting and cooperating with many new classmates and professors within my major and becoming involved in several organizations and activities that Wichita State has to offer, including the honors college. Joining these new organizations and working together with classmates will allow me to meet and work with people outside my normal social sphere, and may allow me to find peers whose goals and personalities compliment my own.

Write a 6000 character response, two pages, and explains your vision for the future.

1. **“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.” -Theodore Roosevelt Citizenship in a Republic**

Summary of Quote: Respect and merit belong to those who put themselves out there, whether they fail or succeed. It is better to fail while daring greatly than to do nothing at all.

For the past six years I have been apart of my school's cross-country running team and competed in over sixty grueling races. Over the years, I have improved both physically and mentally to achieve an increased level of performance during competitions, and I accomplished this not only through hard work and dedication during practices, but also through countless failures and mistakes. This improvement parallels a change in perspective for my life, I have always had a vision for my life and future, but over the last three years it has evolved and matured into something much more sincere than in the past.

When I started running in seventh grade, I focused on enjoying myself, and I thought little about my team. I worked hard, but my attachment was superficial in that I just liked to feel in shape compared to my classmates, and had very shallow reasons for running. In the same vein, my vision for the future used to center on simply getting straight A's and collecting volunteer hours to look good on a college application or résumé. Self-validation motivated me, and I focused little on the actual impact of my community service or on really acquiring knowledge. Both of these early attitudes in my life changed throughout my high school career.

I began to change on August 18, 2012, the day of high school cross-country time trials. Coming off of a great eighth-grade season, I felt I could make a name for myself among the older runners by beating out my fellow freshmen during the four-mile trial. The entire team lined up at the start, and off we went at our coach's command. I quickly battled for a position near the front behind the older varsity runners and felt like everything was working just as I planned. During the second mile, though, it hit me. My legs became logs; arms turned into weights; lungs ignited with fire. I began falling back

as teammate after teammate passed me until I was tied for last place. I struggled to continue, solely focused on putting one foot in front of the other, praying for it to end. Thirty-two minutes later, I crossed the finish line, only seconds from last place. I was crushed. My season looked like it would be mediocre with no hope for success, and I left the trial debating whether I should show up the next day at all.

Later that night, as I thought about my future in running, I realized that I was okay with being slower than my peers. I would continue to go to practice and work my hardest to better myself because being healthy and a part of team were worth more than my immature need for personal success.

My sophomore-year change in attitude toward running paralleled another change in my vision for the future. As a member of the West Wichita Interact club, every two years, I could go with the club on a service trip to Panama City, Panama, or to David, Panama, my sophomore year saw the first of these trips. During the trip, we spent one week in Panama City, where we visited with the local high school, learned about the county's history, and delivered supplies to impoverished schools in the rural suburbs. As the week progressed, I began to see a way of life unlike anything I had before. Some of the people who we helped owned nothing but worn sandals and ripped jeans. They lived off the kindness of those around them. This experience began to change my vision for the future. Before, I simply wanted to get good grades to make more money, now, I wish to do something more moving by giving back to the world and community that has given me so much by taking advantage of the many educational and volunteer opportunities I have been given in my life.

These changes in attitude greatly improved my life. Following my defeat in cross-country, I continued to work hard throughout my freshman year and improved to the point that my coach asked me to join the varsity runners half-way through the season. By persevering, I grew as an individual and have been able to help my team succeed for the past several years. The change in my vision for the future has encouraged me to work more in my community to help others in a meaningful way and focus in school to learn and not simply to get good grades. This shift made both volunteering and school more fulfilling, and I am much more content with my life.

My current vision for the future is the culmination of the developments in my academic career, community focus, and athletic motivation. The next several years will bring an influx of classes, study, and work, and while in the past I may have just tried to make the grade, I am excited by the prospect of learning new and insightful material that will help guide me into my future career and potentially help my community. Throughout my time at Wichita State University, I plan to join several organizations that focus on volunteering and service. I will continue to give my time in my current volunteer positions, but as I enter university, I plan to find more in-depth ways to get involved in the world around me. I feel it is an obligation to give back to a community that has raised and taken care of me for so many years. Lastly, after learning the importance of persistence and hard work in cross-country running, I look toward to the future confident in my ability to surmount any obstacles that cross my path. I will not fear failure, but instead I will strive to accomplish my goals because, paraphrasing Theodore Roosevelt, it is better to fail while daring greatly than to do nothing at all.