

“The measure of a Life and its Service” isn’t just defined through an act, but the attitude accompanied by it. To make an impactful difference, it’s essential to have a purpose behind every action, and for the longest time, I had a different approach. From a pragmatic standpoint, I only wanted to get through classes and receive my diploma. This approach slowly dehumanized me to the point where I saw myself more as a machine than an actual human. At that point, I decided to change, and from that decision, I took the initiative to integrate passion into my service. From this endeavor, I found purpose in empowering others and have had formative experiences within my community's academic and clinical facets.

Within academia, I have had the privilege to hold administrative roles in various facets. From department clubs, ambassador positions, and research labs, I provided a helping hand to the student body. My student-worker position, however, was perhaps the most significant role I could have as a Bearkat. In this position, I engaged the student body with undergraduate research. Through faculty interviews, connecting students to research labs, and setting up student-led events, I could collaborate with many disciplines and help students find their pathways across academia. From this experience, I have become passionate about academic research. The ability to share this passion has provided purpose behind my acts and allowed me to create individualized experiences in this collaborative effort. Having the ability to inspire others to empower themselves and strengthen their discipline is an act I find myself doing inside and outside of the classroom and is an attitude that helps me reach students across all disciplines.

Following this approach, I entered the clinical world as a helpline caller and emergency shelter assistant. Within these roles, I was exposed to the needs of my community and discovered resilience, courage, and kindness as necessities to serve. Understanding and applying these attributes helped cultivate an empathetic environment. From cooking to listening and much

more, I instilled this attitude in every act of service. This further provided purpose behind my actions and reinforced the importance of having the right attitude behind the act. This endeavor has diversified my perspective and brought cultural humility to the forefront of my service.

Overall, these experiences have cultivated me into the person I am today. In retrospect, that complacent attitude towards my early undergraduate years wasn't the approach I wanted, but an experience I can use to empower others seeking change. Empowering others to the fullest extent requires a proper attitude, and I encourage every Bearkat to find purpose within their work. Whether it is school, work, or a community-based field, the attitude and service we instill in others is how our lives will be measured through ourselves and most importantly, the people around us.