

Hands That Serve Scholarship Report

December 2021

Julie and Tom we are so grateful for YOUR GENEROUS commitment to the youth in our community through your Hands That Serve, Service Scholarship! Below are the four LifeWise Scholars who were selected as recipients for 2021. Scholarship amounts were based on scholars' individual situation and need.

Hands That Serve	University	Major/Area of Study	Scholarship Amount	Check Date	Check No
Hafsa Ali	St. Louis Community College	Healthcare Management	\$2,500	10/15/2021	301856
Jeremiah Bruton	Jackson State University, Jackson Mississippi	Criminology- Law Degree-Civil Rights	\$2,500	7/26/2021	301638
Zoe K. Floyd	St. Louis University	Doctorate in Anesthesiology	\$2,500	7/20/2021	301608
Gloria Kuebee	Grinnell College, Grinnell Iowa	Biology- Dermatology	\$2,500	7/21/2021	301628

I am sharing, below, confidential information from each student's application that will assist you in getting to know each of the recipients. Thank you for the difference you are making in each of their lives!

Hafsa Ali (Renewal Scholarship)

We understand that your time is very valuable to you, but we would like to keep up with how you have done over the past year and your plans for the future. Please write one or more paragraphs to answer each of the following questions. Please take your time to think about each paragraph before you begin.

1. What have you learned over the past year? Over the past year I've learned that it's okay to make a change of plans according to your growth. When I was in high school, I always had a tunnel-vision plan of going to pharmacy school and getting a doctorate. In high school I excelled in classes and was always prepared. It almost became part of my identity that I was a honor roll student. It was something I was proud of. When I started my first year at UHSP, everything that I thought about myself changed. The classes I took in high school didn't prepare me for my classes in college even though I was in challenging honors and college level classes in high school. With COVID, it was hard for me to make friends and socialize so I felt extremely alone living at the dorms. The experience I dreamed of my whole high school career was nothing I imagined, and it nearly broke me. But it didn't; I tried my best to control what happened and I saw my doctor about my anxiety and depression, I transferred out of UHSP and cancelled my spring semester, and talked to my parents about my plans. Although I was hurt that things didn't turn out the way I wanted to, I learned that that's okay and acceptable and as long as I work hard and have faith, the change of plans will only lead to better things.

2. Have your future goals changed, and if so, how? Yes and no. My goals of being a pharmacist have changed, but my goals of helping and giving back to my community have only become more important to me. I realized that I wasn't meant to become a pharmacist after my first semester of college, and that although I feel disappointed in myself sometimes, it's not something that denies me or will prevent me from being successful in my other goals in the future. I still want to work in healthcare and I still want to help my community. I will work hard towards completing a degree in healthcare management, a path which I took great care in deciding and re-evaluating my goals.

3. What will you do differently in your second/next year of school? Next school year, I will not be afraid to ask for help sooner. Asking for help doesn't make me incompetent or stupid, it means that I'm eager to learn and understand. Instead of struggling to find answers on my own, I will utilize my resources effectively to grasp concepts in class as soon as I don't understand something.

4. What three (3) pieces of advice would you give to a beginning college student? 1) It is okay to change plans. Changing plans doesn't mean you weren't good enough for your first plan, it means that at that time it wasn't best suited for you. 2) Keep a strong support system. In college you're probably going to struggle from time to time. It's important to maintain a good connection with your parents, family and friends so that when things get tough you don't feel alone. 3) Surround yourself with positive, encouraging people and get involved in extracurricular activities. Making friends in college can be hard during a pandemic but the effort is worth it. Keeping positive, hardworking people around you will help you stay focused. You can meet people with similar interests/values by joining clubs/organizations.

5. Why should you receive this scholarship again? I deserve this scholarship because it would help me achieve my academic goals of getting a degree that will lend me the skills to help my community. I want people to be healthy and happy, and get the help and education they need. This scholarship would give me the opportunity to achieve my goals of giving back to my community.

Jeremiah Bruton (Renewal Scholarship)

We understand that your time is very valuable to you, but we would like to keep up with how you have done over the past year and your plans for the future. Please write one or more paragraphs to answer each of the following questions. Please take your time to think about each paragraph before you begin.

1. What have you learned over the past year? Over this past year I have learned how to overcome difficulties, how to be resilient. My first year of college presented me with many of difficult challenges academically, socially and even financially. It was Booker T. Washington that said "Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome."

2. Have your future goals changed, and if so, how? My future goals have not changed, I still want to pursue a law degree so that I can later on go to Law school and become a criminal defense attorney and/or a civil rights attorney. I really believe I have a calling to help people especially in our political climate.

3. What will you do differently in your second/next year of school? One thing I will do differently next year is get and use a planner. In college there are so many different moving parts and it's easy to miss something whether it's a meeting, an assignment or a sporting event.

4. What three (3) pieces of advice would you give to a beginning college student? Three pieces of advice I would give to a beginning college student is one learn your study habits, learn if you work better during the day or night, learn if you work better in your room or in the library. Secondly I would advise don't be afraid to ask your professor for extra help, it's extremely easy to fall behind. Thirdly I would advise to take advantage of all activities you can, they are good for stress relief and making new friends.

5. Why should you receive this scholarship again? I should receive this scholarship because last semester this scholarship literally saved me, if it wouldn't have been for the generosity of the scholarship donors, I wouldn't have been able to start my freshmen year. This scholarship will also help me give back to my community.

Zoe K. Floyd (2021 New Scholarship)

Please write one or more paragraphs to answer each of the following questions. Please take your time to think about each paragraph before you begin.

1. What parts of being a LifeWise Academy student did you enjoy the most or find to be the most helpful to you? The part that I enjoyed the most about being a LifeWise Academy student was getting to connect with advisors who cared about the well-being of scholars. I also gained life-long connections with individuals who I know will continue to have my best interest in mind, even after I graduate and proceed on with my life. The things that I found most helpful about being a LifeWise student were gaining the opportunities for scholarships, meeting like-minded individuals, and having access to resources that made me the scholar I wanted to become.

2. What parts of being a LifeWise Academy student were difficult for you? Please include why you think this was true. I think the most challenging part about being a LifeWise scholar was "fitting in". Developing friends has always been quite a challenge for me. Although the peers I have are a lot like me (as far as the drive to succeed), I am extremely different than most of them. Oftentimes, I am judged because of my demeanor that can come off as "reserved" to an individual who is unfamiliar with my character. This causes people to refrain from talking to me because of this "unapproachable" outlook, but that is not the case. Once speaking to me, people realize I am very friendly and helpful, you just have to allow yourself to see me beyond your first view. The saying, "Don't judge a book by its cover" is definitely applicable when it comes to me.

3. What do you see as the next step in your education? Be as specific as possible. The next step in my education will start after I graduate from Metro Academic and Classical High School in May 2021. I will be attending Saint Louis University's Doisy College of Health Sciences, and later plan to attend medical school. I want to excel here and obtain the knowledge and exposure necessary to embark on my career as an anesthesiologist. I will major in Health Sciences and minor in a specific field of health science, most likely biology. I will stay on the pre-medical track, especially with the help of the Academy.

4. Scholarship recipients will continue to have contact with LifeWise Academy staff. In what ways do you think LifeWise Academy staff could help you in the next part of your schooling? I am so excited to continue communication with the LifeWise StL Staff, they have already helped me so much. I think the most beneficial help that I received from the LifeWise Academy staff was the help provided to me in the application process of applying to Saint Louis University. Being able to maintain contact with the senior advisor and having conversations with her about my mental health was one of the things I enjoyed the

most. Mental health is extremely crucial to somebody like me because I have battled a lot of misfortune. The ways I have been able to successfully fight things like depression and anxiety, have been having people there for me who absolutely are invested in my well-being.

5. Looking into the future, what would you like to do for LifeWise Academy? In the future, I would love to be a part of LifeWise Academy as maybe some type of mentor. I believe my calling is to be a healer to others in this world. Teenagers battle a lot, and the stressors and challenges they face are oftentimes overlooked because it is assumed that teens should be having the time of their lives at this age, but that is not always entirely true. I hope to become an outlet for future LifeWise StL scholars, to become comfortable with discussing their issues and feelings. I would want them to benefit from the conversations we have about problem solving, in hopes to create a better environment for the scholars overall.

6. Again, looking ahead ten (10) or more years, what do you hope that your life will include? Please include the work you hope to be doing. It is really hard to imagine my life in 10 or more years, especially in this day and age, where technology and infrastructure are developing at a rapid pace. What I would love though, is if my life included stability. That means obtaining my Doctorate in Anesthesiology. I hope to be working in a thriving hospital, working extensively in the trauma unit. I would love to be working towards my own practice. The work will be difficult, as I also hope to be juggling a marriage, my first home, and hopefully my first step in creating a family of my own. I believe LifeWise StL has taught me the importance of discipline, and if I continue on the path I am on, which is making my education my biggest priority after my mental health, I will likely be in the position I wish to be in.

What is your degree choice? Please elaborate. The degree I am pursuing is my Doctorate in Anesthesiology. Since I was 8 years old, I have always wanted to be an anesthesiologist, and as long as I can remember, I have wanted to be a doctor. This is my degree of choice because the amount of African American anesthesiologists is extremely low. The amount of reported African American anesthesiologists in the U.S. in 2017, was only 3%. I have always noticed there were less black doctors than any other kind of doctor, and I found that unacceptable. I vowed that I will be a part of that small, elite group of African Americans who have pursued this degree and accepted and overcame the rigor of the field. I always have wanted to help people, and this would be the most fulfilling way for me.

Gloria Kuebee (2021 New Scholarship)

Please write one or more paragraphs to answer each of the following questions. Please take your time to think about each paragraph before you begin.

1. What parts of being a LifeWise Academy student did you enjoy the most or find to be the most helpful to you? I really enjoyed all the opportunities that LifeWise Academy presented to me for getting involved with the community. Most college and scholarship applications, ask about your volunteer history and LifeWise Academy is the place where I started that history. They always made it a point to get involved with the community and give back which is something I love and thought was important. The staff members were very helpful with making sure that I stayed on top of my schoolwork and assuring I had the opportunity to succeed. They offered tutors, in multiple subjects and they had ACT prep classes. They helped start my college journey and acted as guides for me.

2. What parts of being a LifeWise Academy student were difficult for you? Please include why you think this was true. Nothing was really difficult for me being a LifeWise Academy student. Everyone was very accommodating and did their best to make me feel comfortable. The classes that they provided were fun and very engaging. The other students were friendly (some of them were rebellious, but still friendly). They provided transportation which was a big help to me and others. One good thing that I enjoyed was that it did not interfere with my actual schooling.

3. What do you see as the next step in your education? Be as specific as possible. My next step in education would be getting my bachelor's degree in biology. I hope to be a dermatologist and I feel like majoring in biology would adequately prepare me for that career. I would also like to major in Global Development Studies to broaden my knowledge sphere and to be able to cross into different learning environments/fields. I also hope to do an internship program and a shadowing/mentorship program. I want to grow in my education in every way.

4. Scholarship recipients will continue to have contact with LifeWise Academy staff. In what ways do you think LifeWise Academy staff could help you in the next part of your schooling? Just like LifeWise StL has done for me in high school, I feel that they can lend me assistance and continue to be a source of guidance. The LifeWise StL staff has always helped me to find the best choice that is suited for me and my goals. I have used some of the LifeWise StL staff for recommendations, and I believe they would still be good for that. I also believe that I can use them for future opportunities and supplies. I'm always looking for different people to lean on.

5. Looking into the future, what would you like to do for LifeWise Academy? Looking into the future, I would love to give back to LifeWise. Over the summer, I got the chance to be a peer counselor in the summer program. I love kids and I really enjoyed my time with the staff and the kids. I would not mind doing more in that aspect. Every year, LifeWise Academy would host a back to school drive where a backpack was given full of school supplies. A pair of shoes and socks were also given to the student. This did really help my family and I going into the new school year. I would love to help with the organization of that and help run it. LifeWise has done a great job with being a provider for my family and others, and I would be ecstatic to give back by also being a provider, or even help future students by being a teacher-like figure/tutor.

6. Again, looking ahead ten (10) or more years, what do you hope that your life will include? Please include the work you hope to be doing. I hope to be deep into my education and career. In ten years I want to be stable financially, educationally, emotionally, etc. I would also like to grow as a person. I hope to be helping people in the dermatological field and contributing much more in society. I not only want to help people in my country, but I also hope to be doing work around the world, utilizing the degrees I will possess.

What is your degree choice? Please elaborate. Bachelor's degree in biology, with hopes of progressing to study dermatology.