

Submission by Alyssa Wilson
Duke University

The Opportunity for Change Scholarship

When I was younger, my favorite game to play was doctor. I loved diagnosing people (toys and family members), treating them, and overall helping them. Helping and healing, I knew, was something doctors did, so I thought my future career path was clear. I would become a medical professional. I never really worried about the logistics of the situation though—where I would need to go to school, how I would pay for it, etc.

As I grew, I realized that my desire to go into traditional medicine was waning as my want to help others steadily increased. In my first year of university, after developing and struggling to fight an eating disorder, as well as coping with anxiety, I realized I had an immense interest in mental and physical health. After a large amount of research, I learned that I could indeed make something of my fascination with the topic. I am now planning to double-major in psychology and global health. I hope to use what I learn in school to help others become healthy, and in turn happy.

My goal would be to make health and wellness treatment more accessible to people from all backgrounds—with a focus on those who are underprivileged. As wonderful as this dream may be, I know it won't be easy. As someone who comes from a poverty-ridden community, and has dealt with mental health issues, I know how hard it can be to emphasize the importance of wellness. When you come from this background, there are numerous things that take priority—money being the number one issue—and finding healthy ways to cope and deal with one's issues in a healthy way comes in with very low urgency. Also, before I can even do things to the scope I hope to, I'll need to finish school. Coming from a single-parent, low-income home, I'm constantly worrying about how my siblings and mother are and about how I'm going to pay for my education, as well as contribute financially if they need it.

What's worse, my situation isn't uncommon. In fact, a lot of people experience worse. For them, they're more likely than not able to afford or take part in psychological services such as therapy, drug treatment, etc. If it weren't for the free sessions offered at my school, I know I would fall into that category. The bottom line is, it can often be easier to treat yourself with the use of unhealthy addictions, habits, and things that are just overall not good for or to you, but I want to stop this. I want to help people recover. I want to help people not need to recover in the first place. I want to help.

Name: Alyssa Wilson
 Student ID: 2442334

7/12/2020

Academic Program History

Program: **Trinity College**
(Status: Active in Program)
 Plan: **Psychology (AB) (Major)**
 Plan: **Global Health - Minor (Minor)**
 Plan: **English - Minor (Minor)**

Beginning of Undergraduate Record**2018 Fall Term**

Focus Program: Knowledge in the Service of Society

<u>Course</u>	<u>Description</u>	<u>Units Earned</u>	<u>Official Grade</u>	<u>Grading Basis</u>
EDUC 111FS	RETHINKING SCHOOL: SOC JUSTICE	1.000	A	GRD
EDUC 112FS	MEDICAL ETHICS, AGING, EOL	1.000	A	GRD
FOCUS 195FS	SPECIAL TOPICS IN FOCUS	0.500	S	S/U
Course Topic:	KNOWLEDGE IN SERVICE OF SOCIE			
PJMS 290T	SPECIAL TOPICS TUTORIAL	0.500	S	S/U
Course Topic:	OP-ED PERSUASIVE WRITING			
SPANISH 102	ELEMENTARY SPANISH 2	1.000	A	GRD

Term GPA: 4.000 Term Earned: 4.000

Cum GPA: 4.000 Cum Earned: 4.000

2019 Spring Term

<u>Course</u>	<u>Description</u>	<u>Units Earned</u>	<u>Official Grade</u>	<u>Grading Basis</u>
DANCE 110	ELEMENTARY MODERN DANCE	0.500	A	GRD
ENGLISH 287	FAIRY TALES: GRIMMS TO DISNEY	1.000	B+	GRD
GLHLTH 304	HUMAN HEALTH EVOL PERSPECTIVE	1.000	B+	GRD
SPANISH 203	INTERMEDIATE SPANISH	1.000	A	GRD
WRITING 101	ACADEMIC WRITING	1.000	A	GRD
Course Topic:	MEMOIRS AND OBSTACLES			

Term GPA: 3.688 Term Earned: 4.500

Cum GPA: 3.813 Cum Earned: 8.500

2019 Fall Term

<u>Course</u>	<u>Description</u>	<u>Units Earned</u>	<u>Official Grade</u>	<u>Grading Basis</u>
ECON 174	FINANCIAL ACCOUNTING	1.000	B-	GRD
ENGLISH 110S	INTRO CREATIVE WRITING	1.000	A-	GRD
HOUSECS 59	HOUSE COURSE (SP TOP)	0.500	S	S/U
Course Topic:	CONDOMS & COUNSELING			
PSY 101	INTRODUCTORY PSYCHOLOGY	1.000	A	GRD
SPANISH 204	ADV INTERMEDIATE SPANISH	1.000	A	GRD

Term GPA: 3.600 Term Earned: 4.500

Cum GPA: 3.739 Cum Earned: 13.000

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2020 Spring Term

Transfer Credit from UNIVERSITY OF SOUTHERN CALIFORNIA STUDY ABROAD Program

Course	Description	Units Transferred	Official Grade
VMS 300	VMS UPPER LEVEL ELECTIVE	1.000	TR
Course Trans GPA: 0.000		Transfer Totals:	1.000
Duke in L.A.			

Course	Description	Units Earned	Official Grade	Grading Basis
AMI 295A	ARTS, FILM, OR MEDIA PRACTICUM	1.000	A	GRD
LIT 230A	INTRO TO GLOBAL LOS ANGELES	1.000	A	GRD
VMS 279AS	STUDIES US CULTURE INDUSTRIES	1.000	A	GRD

Term GPA: 4.000 Term Earned: 4.000

Cum GPA: 3.793 Cum Earned: 17.000

2020 Summer Term 1

Course	Description	Units Earned	Official Grade	Grading Basis
PHYSEDU 170	YOGA	0.500	S	S/U
PHYSEDU 206	EXERCISE PHYSIOLOGY	1.000	A-	GRD
PSY 330S	DEVELOP YOUR LIFE	1.000	A	GRD

Term GPA: 3.850 Term Earned: 2.500

Cum GPA: 3.800 Cum Earned: 19.500

2020 Summer Term 2

Course	Description	Units Earned	Official Grade	Grading Basis
PHYSEDU 104	FUSION FITNESS	0.000		GRD
PSY 105	ABNORMAL PSYCHOLOGY	0.000		GRD
PSY 214	EXERCISE AND MENTAL HEALTH	0.000		GRD

Term GPA: 0.000 Term Earned: 0.000

Cum GPA: 3.800 Cum Earned: 19.500

Undergraduate Career Earned

Cum GPA: 3.800 Cum Earned: 19.500

ORANGE COUNTY PUBLIC SCHOOLS
JONES HIGH SCHOOL

801 S. Rio Grande Avenue

Orlando, FL 32805

Telephone: 407-835-2300

Fax: 407-835-2337

November 1, 2017

To whom it may concern:

Alyssa Wilson has been my student for the past three years. I've have had her as my student in Spanish 2, IB Spanish 3 and this year I have the pleasure of having her as my student in IB Spanish 4.

Alyssa Wilson is an International Baccalaureate student at Jones High School, a historically majority African-American school located in Orlando, Florida. The IB Program is an internationally recognized program that is known for its academic rigor as well as its emphasis on having students critically think about their beliefs and their positions on issues.

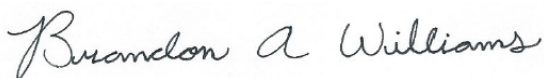
Alyssa Wilson is a top-performer (second in her class) here at Jones High School and is without a doubt one of the top students here in Orange County Public Schools.

Alyssa Wilson is unlike any student that *I have ever met*. I know that phrases such as the aforementioned one are par for the course for a recommendation letter, along with hyperbole and praise, but she is honestly one of the *most amazing students* (and human beings) that I've ever taught or have had the pleasure of knowing.

Alyssa has always had a growth mindset since she entered Jones High School, and probably before that as well. She takes every single opportunity to learn, to make mistakes, and to improve *very* seriously. She embraces challenges and overcomes obstacles. She's not afraid to ask questions, look for help, and utilize her resources to achieve what may have previously seemed to be a distant goal. Alyssa is fiercely intelligent, relentless, and kind-hearted. When the tough gets going she stays focused and maintains a positive outlook. And as if that were not enough, she is always trying to help others be the best version of themselves. Alyssa involves herself in a variety of extracurricular activities as you can see from her CV.

Simply put, Alyssa's academic prowess and leadership skills are exactly what are needed nowadays in order to keep a dimming university experience vibrant and strong. To deny entrance to Alyssa Wilson to any university should politely be called a "sorely missed opportunity" on the part of that educational institution. In other words, you need her. You need to pursue her relentlessly so that you may associate your institution with the name of a soon-to-be success story. She will represent any educational institution phenomenally and merits as much scholarship funds as possible in order to help her purse her dreams.

Sincerely,



Brandon A. Williams

brandon.williams@ocps.net

407-835-2300, ext: 6092499

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"THE ORANGE COUNTY SCHOOL BOARD IS AN EQUAL OPPORTUNITY AGENCY"