

## Marvin Vinluan



Grade:	Sophomore
Major:	International Studies
Hometown:	Cheyenne, Wyoming
Goal after College	Expand my parents business and later work as a geopolitical advisor.

### Excerpt from Essay

When I came to the University of Wyoming, I had come with an improved mindset, work ethic and vision compared to high school. After barely graduating, being unmotivated, depressed, using alcohol and substances almost every waking day to the point of attempting suicide twice. I had to change. I gave myself an ultimatum after my second attempt the day before my birthday, that I would give myself one year to improve things. If I wasn't satisfied with the result, I would make sure the third attempt on my life would be successful.

I'm so thankful that I did. It literally saved my life. I stopped

my prescription medicine abuse, as well as my self-medicating habits and started to work. Starting with my parent's restaurant, volunteering at my local District Attorney's office eventually working to become an intern and temporary paid worker. I am motivated to pursue my college degree because I have improved myself significantly since high school, and I intend to bring the work ethic I developed into the academic world again.

I was in my Chinese class last semester freaking out about the course workload prior to midterms. I was afraid of not grasping the concepts, I slipped

into my depressive state, and began to a few classes. It wasn't until I brought them up to my professor when she told me that there is no need to stress, no need to subject myself under unnecessary pain. To work on expressing happiness, kindness, and humility as a day to day habit. My professor reminded me why I am here. To learn, this includes all the bumps down the road. By being able to adapt, accept and apply myself to whatever may come my way. This moment will always be remembered as a positive experience when I navigate myself through the campus community.