

## Haley Notman



Grade:	Sophomore
Major:	undeclared
Hometown:	Frederick, Colorado
Goal after College	Get my J.D. and become a lawyer

### Excerpt from Essay

College has taught me that I need to put myself first if I want to succeed. The first semester was extremely difficult, because I was on my own for the first time. I had to learn that “big brother” wasn’t watching over me, I could stay up as late as I wanted and I could go out without permission. No one was holding my hand and

telling me no. So I did a lot of dumb things that got me into trouble. The people I hung out with, were not the best influences. They would constantly drink, party and ditch classes. It only took a week for me to learn the hard way. I ended up in the emergency room due to alcohol poisoning. The level of alcohol in my system was a .398. The

doctors were barely able to save my life. After this experience, I was a hot mess. I was angry at myself for allowing it to happen. I knew I needed to change my habits, but wasn’t sure how to get out of it. I battled with this for a few months, then I realized that I needed to move on and learn from this experience.