



Sophomore Scholarship Winner



Jessica Zapalac

Grade:	Sophomore
Major:	Psychology
Hometown:	Pinedale, WY
Synergy Classes:	ENGL 1010 and Star Wars/Western Civilizations
Goal for after College	I would like to work with and counsel PTSD victims.

Except from Jessica's Essay

Since middle school I have struggled with depression, and for the longest time I had no interest in what life had to offer. Going into high school I had the mindset of "whatever happens, happens" and didn't really take time to think about what the future could bring. It took me up until half way through my junior year to realize that I needed to go and talk to someone and work through what I was feeling. I hadn't exactly spent the time I had in high school really thinking about what I wanted out of life, but I knew that I didn't want to keep going down this self-destructive path. It was at my lowest point that I

decided my depression wasn't going to define my life and who I became as a person. Deciding to go to college wasn't an easy decision for me because I never felt adequate enough to become something, let alone do something I was proud of. By choosing to go to college I slowly began to see glimpses of what the future held, and it excited and motivated me. I know that seems very cliché, but choosing to attend the university gave me hope that there was in fact, a better tomorrow.

Just by being at college for two semesters, I strongly believe that I have grown as a person and am already on the path for becoming something I can be genuinely

proud of. In the past, I never allowed myself to believe that college could open so many doors. I feel that college will give me the leverage that I need to have a successful career and life. Many students in the U.S. do not have the privilege of attending college, and because I have this wonderful opportunity, I think college will really make an impact on the way I see and treat people I will meet along my journey. In addition, I believe that college will influence the type of life I will have, along with the type of person I will grow to be.