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This spring I graduated from Dickinson High School, in Dickinson, ND. I participated in the health occupations work experience class, where I was able to get my Certified Nursing Assistant (CNA) license while working. I've been working at a local nursing home/assisted living facility since 2020. Part of that time I worked in a COVID unit. It's a hard job, but it exposed me to the patient-care side of the medical field, and I also discovered the large amount of teamwork that goes into healthcare. I learned teamwork and problem-solving skills are very prominent skills to have while serving on a team.

Taking the CNA class was a great steppingstone for me in choosing to pursue a career in medicine. I will be attending the University of South Dakota for Neuroscience and Pre-Med this fall. I plan to attend medical school somewhere out of the Midwest, but plan to return to North Dakota after I become a doctor.

I was involved in the Technology Student Association (TSA) in high school. My TSA journey began when I was only six months old. My mom was a TSA chapter advisor, so I've been traveling to national TSA conferences with her since I was little. While growing up, I always knew I wanted to be a TSA

member. I enjoyed going on trips, watching dragsters race, and seeing the cool projects everyone was doing. TSA had always been a constant in my life, so I decided to run for a state leadership position as a seventh grader! Since then, I have served TSA in multiple roles:

- ◆ ND State 2nd Vice President (2017-2018)
- ◆ ND State Vice President (2018-2019)
- ◆ ND State President (2019-2020)
- ◆ National TSA Sergeant-at-Arms (2020-2021)
- ◆ National TSA Vice President (2021-2022)

TSA has given me a platform to grow and expand my leadership skills. It taught me how to be a problem solver and how to think critically. TSA has also taught me how to speak publicly and about the importance of taking risks and setting goals. My favorite TSA competitive event is Biotechnology Design, because finding solutions to issues our world is facing today is something that is very important to me. Competing in Biotechnology Design helped me develop my interest in the medical field and identify my future career path.

I have always enjoyed staying busy and participating in various activities. Looking back, I should have been more involved in extracurriculars, specifically CTSOs. When choosing extracurriculars, remember quality over quantity. Pick extracurriculars you're interested in and willing to dedicate your time and energy towards. Do not be afraid to step outside of your comfort zone and try something new, and be open to learning.

Outside of TSA, I am a competitive dancer, dance teacher, National Honor Society member, certified nursing assistant, student member of my school's CTE advisory board, and student council treasurer. I am also an active member of my church's youth group. My experiences and participation led to becoming a semi-finalist for the U.S. Presidential Scholarship-CTE and being named the MDU Resources Group Teen of the Week.

I strive to learn something new every day and serve others as much as I can. TSA has allowed me to build lifelong connections and has provided me with so many amazing opportunities. Although I do not know exactly where my future will take me, I am so excited about what lies ahead.