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Desired Major:
Nursing or Biology (Pre-Med Track)

Plans after College:
She wears her white dress with pride as she perches her perfectly folded nurse's hat in her soft curls. She sits down. One. Two. The edges of her lips curl up. Three. Her eyes sparkle from behind cat eye glasses. Click. The picture that will forever remain etched in my memory is taken. Little did she know where her nursing would take her. Eight years later, she moved to Vietnam. There, she served in a leprosarium until it was attacked by the Vietcong. She and several other missionaries were marched through the jungle for months. Covered in leeches and bug bites and tormented by dysentery and dengue fever she grew weak. She received word of a planned rescue attempt. She responded by asking if it would cost the lives of her captors. She knew where she was going after she died, but she wasn't sure of her captors' salvation. She put their lives above her own, and she died in 1968. Her name was Betty Ann Olsen. My aunt was a martyr.

I come from a family of missionaries. My dad grew up in Africa, and my aunt and uncle grew up in Vietnam. When I was little, I knew I never wanted to be a missionary. When missionaries came back from the field and talked at church I avoided them for fear God would call me overseas. I wanted His plan for my life, but I couldn't stop thinking about my aunt. I was terrified He would ask me to make a similar sacrifice. I held back, and I struggled. I longed for God's plan for my life, but I couldn't get past my aunt's death. What if God asked me to do the unthinkable? However, when I thought about life without His plan, the picture was empty and hopeless. One night, I knelt on my bedroom floor exhausted. Terrified, I told God everything He already knew. I told Him I was scared, but the only thing more daunting than His plan was life outside of His will. That night I gave God control.
“What do you want to be when you grow up?” I hated this question. I didn’t know, and admitting I didn’t know pained my type A brain. I was thrilled when I came up with an answer. One night I hesitantly tested the waters asking my dad what he would think if I became a doctor. I knew I would likely change my mind; most kids do. For years I kept my plan a secret. I didn’t want anyone to force me down that path. I reserved full right to change my mind, but I never did. My focus has shifted, and I am now leaning towards nursing. However, my desire to serve God through medicine has never been stronger.

I want to be able to provide comfort to the family of a patient who has lost the fight to cancer. I want to be able to encourage people through scary times. The idea of delivering babies in Africa or providing simple yet needed medical procedures on a Mercy Ship excites me. More than anything I want to shine God’s light into people’s lives. I can’t help but smile, because the thing I was sure I would never do has become my passion. God has completely transformed me.

After college I will likely proceed with post-graduate studies. If I continue to pursue an undergraduate degree in Nursing, I will probably get my masters in Nursing. I have thought about specializing in pediatrics as a Clinical Nurse Specialist or even a Nurse Practitioner. Labor and Delivery and Neonatology also interest me.

If God directs me to become a Physician, I will plan on going to medical school after graduation from Northwest University. I have thought about many specialties including Neonatology, Pediatrics, Endocrinology, and Adolescent Medicine. I have much to learn about all of these fascinating fields before I get to the point where I must choose one.

When I think about my attitude as a kid, I am shocked at where I am today. I never would have expected that I would be looking at nursing schools with the hope to work overseas. God has done a lot in my life, and thankfully He is still working. I have not completely overcome my apprehensions. Images of my Aunt Betty Ann still flood my mind, but she wasn’t the problem. It was my focus. She was a martyr not by her own power. God transformed her and gave her the strength she needed for the time. If I am in God’s will, He will give me the strength I need to face whatever He has for me. I know God has a good plan for me, and I’m excited to see where He leads me.

Leadership Goals at Northwest University

I have loved and played soccer from the time I was four years old and want to continue being involved in the sport. Leading an intramural soccer team would allow me to share what I have learned while building relationships and community on campus. Teamwork is fuel for deep friendships. Before a soccer team can work together competitively, the
players have to develop as friends. In this way, soccer can be a fun physical outlet that also builds meaningful and lasting relationships. I would love to get involved in this type of soccer – soccer with a purpose.

I have lived in the Seattle area all of my life. With my dad working in Kirkland, I have always thought of it as my second home. Many students move far away for college and find themselves in completely new environments. It can be hard to connect and feel at home in an area that seems so foreign, and I would love to use my familiarity with the Kirkland and Seattle area to help new students become acquainted and comfortable in their new surroundings. This could be as simple as showing them great places to study and hang out, or as complicated as helping students locate work, housing, churches, or doctors. Kirkland is a wonderful community with great activities available. I would like to help new students take advantage of all the area has to offer.

I have recently become involved with an exciting new ministry opportunity. (Please see page eleven for more information.) It is rare to have a chance to be so closely involved with a foreign mission field without leaving the country. The program has been a huge success abroad and needs English volunteers to meet its demand. I would love to help expand the program by bringing it to the students at Northwest University.

Just as God has put a desire on my heart to Carry the Call to unreached people around the world, it is equally important to live the call in every situation I am in. Leadership is a critical part of the Christian life, and these are all examples of how I would like to be a leader at Northwest University. More important than these specific outlets, I need to constantly focus on where God is leading me in my leadership roles. Only then can I be an effective leader.
Extra Curricular Hobbies and Involvements

Girl Scouts
I have been involved in Girl Scouts since third grade. It has given me more opportunities and experiences than I ever imagined it would. It is hard to sum up even just four of my years in Girl Scouts. However, looking back, some experiences especially helped shape me into who I am today.

Gold Award
I am in the final stages of completing my Gold Award Project. The Gold Award is the highest award in Girl Scouts. It requires numerous hours of prerequisites including leadership awards, career exploration, and volunteer work. The award culminates in a service project that takes a minimum of 80 hours. Girls are required to assess the needs in their community, choose a need, and create a plan to help meet that need in a way that will carry on beyond their project.

I am a triplet and, like many multiples, was born prematurely. Because my brothers and I were premature, we spent time in the Neonatal Intensive Care Unit (NICU). When parents dream of having children, the institutional surroundings of a hospital are never part of their plan. A hospital doesn’t feel like the warm soft nursery where a baby belongs. With the added serious health problems many preemies face, the time spent in a NICU is very stressful for the families of newborns. While we were in the hospital, my brothers and I were given small quilts that went on the top of our incubators. They added a touch of home to our hospital room while also blocking some of the harsh lights from our eyes. When we left the hospital, they came home with us and fit perfectly into our car seats without dragging on the ground and exposing our weak immune systems to more germs.

When I was looking for a need in the community for my Gold Award, I wanted to choose something that would have personal significance to me. With my interest in medicine and my history with the NICU, I met with the volunteer coordinator and a NICU nurse at Seattle Children’s Hospital to look into the idea of making incubator quilts for them. Children’s tries to give a blanket to every child that
stays in their hospital, but they didn’t have anyone making them for their tiniest patients. While I was there, they showed me an incubator cover that was made specifically to fit on top of the incubators that they use. They wanted to start using them, but had been unable to find anyone willing to make them because there was no pattern available. They explained that the covers were important, because they block out almost all of the light from entering the incubator. They have special flaps on the sides that allow nurses to access the baby while still keeping out most of the light. The less energy the preemies have to spend on the stimulation that comes from the lights the more they can spend on developing.

With this knowledge, I worked with the fabric department of Ben Franklin Crafts and Frame Shop in Monroe to create the Preemie Quilt Challenge Month for one of their quilt groups as well as a quilting day event for Seattle Children’s Hospital. Ben Franklin also promoted my project in their newsletter and on their website. I worked with five other local quilt groups to raise awareness for premature births and help create quilts and incubator covers for the hospital. We are still collecting quilts, but so far we have 80 quilts and 6 incubator covers. (The hospital didn’t want as many covers, because they do not go home with the families and the hospital only needs as many covers as they have NICU patients.)

I am in the final stages of this project and will be delivering the quilts and covers to Children’s Hospital in March. I have learned more from this project than I ever thought I would. It has taught me how to lead a large scale project and organize communication across many different groups of people. I have learned about marketing and gained confidence in public speaking as I worked to spread the news about my mission. I have also been incredibly blessed watching the generosity of the quilters as they willingly create multiple quilts through hours of work for these little babies and their families.

Canoe our Waters, Small Craft Safety, and Waterfront Staff

“Canoe Our Waters” is a six level canoeing program run through Girl Scouts. The first three levels cover basic canoeing strokes and critical rescue techniques. Level four covers advanced maneuvers. The courses culminate in a full day canoe trip (level 5) and a three day wilderness canoe camping trip (level 6). Due to the practice sessions required and availability of classes, the entire course takes about three years to complete. In 6th grade, I started the program with my close friend and our moms.
At first I enjoyed being on the water and learning the proper ways to maneuver the canoe. On level three I was required to pass a swimming test and demonstrate many different rescue techniques. The cold spring morning started with a plunge into the lake wearing street clothes to simulate an accidental capsize. The class was required to swim across a roped off area, put their life jackets on in the water, and swim back. The water was bitterly cold, but I managed to complete the test. As I was just getting warm, we were put back in the water as my partner and I took turns rescuing each other. The water chilled me to the bone and drove me to tears. I had never been very comfortable in the water and was very nervous about the next test, capsizing in a canoe in the middle of the lake. Each group had to practice being rescued and rescuing someone else. It was the final and hardest test, so my friend and I volunteered to capsize first and consequently get out of the water quicker. We tipped, bobbed up to the surface, and worked well together to move our canoe into the correct position with the rescuing canoe. But when it came time for the other canoe to rescue us, the girls began to bicker. They couldn’t work together to pull our canoe out properly and consequently they kept dropping it. My friend and I had to continually reposition the canoe only to have them drop it again. By this time, I had been in and out of the water without completely drying off for over two hours. The water was still very cold from the winter, and my face began to turn blue. The instructor saw this and pulled me out of the water. After I dried off, she told me that I would have to complete the level again in the fall. I had pushed myself through every level only to fail and have to try again? I didn’t want to get back in that lake, and when fall came I was nervous to capsize again. I hated the feeling of being stuck, bobbing in the middle of a lake. I pushed through it and passed, but that experience made me wary of the water.

Together, my friend and I continued through the levels. We reached the day trip and excitedly embarked on a course around a mountainous lake with the rest of the group. We made it to the tip of the lake and started back up the other side. The group was very hungry, and the instructor told us we just had to make it up the shore a little ways to an inlet she knew about. We could have lunch there. As we paddled, the wind began to pick up. Soon, the front of our canoe was crashing over white-caps. My severely hypoglycemic friend panicked and became completely incapable of paddling. My mind flashed back to that cold image of being stuck bobbing in the lake. I remembered how the instructor had warned of the extremely cold temperature of the water. I did not want to be back in that situation. Tears welled up, and panic threatened as I tried to push through
the waves. I felt our canoe surge up out of the water and splash over each wave. Eventually we made it to the shore. After lunch it was time to paddle back across the lake, and I was terrified to get back in the canoe with my friend. What if she quit again? I pushed that thought out of my mind and we completed the trip together. Our friendship took some hits through the experience, but we both grew as we depended on each other to help manage the boat. Canoe Our Waters was complete and I left it with a love for canoeing.

After Canoe Our Waters, I looked for opportunities to continue being around the water. At my volunteer-led summer camp I learned that as a high school student, I could volunteer on the boat dock teaching younger girls canoeing skills. I worked the next year to get my Red Cross Small Craft Safety Certification and returned to camp as a program aid (PA) on the boat dock. Ironically, I spent three days of the weeklong camp in the water helping girls through the canoe capsizing test. I was freezing cold, and the experience reminded me of the frightening “Canoe Our Waters” level three, but I enjoyed helping young girls through the experience that had scared me so much. The girls pleaded with me not to make them get wet. Slowly, I would help tip their boat and through the squeals demonstrate the required skills for the test. I loved it when they left the canoe exclaiming to their still waiting friends how much fun it was and that they didn’t have to worry.

Last year I was allowed to return to the camp as a very young staff member. Usually high school graduation is required before PAs can become staff, but because I had been a PA the year before and had just turned eighteen, they let me transition early. I loved working with the girls as they overcame their fears around the water. It isn’t necessarily a glamorous job. By the end of the day my throat was sore from yelling, and my back ached from lifting canoes, but I saw a piece of me in the girls I worked with. The fear masked in excitement, the curiosity, and even the occasional partner fights were all experiences I had worked through. I tried to be the leader I wished I had when I went through those experiences. Even though it was tiring, it was incredibly rewarding when, at the end of the day, I received a letter from a girl, who just that morning had cried at the idea of jumping in the cold lake, thanking me and telling me the boat dock was the best part of camp.

When I started Canoe Our Waters, I thought it would just be a fun activity that earned me a few badges. I never thought I would develop lifelong skills. I have
learned so much about myself while gaining confidence around the water and growing as a leader. I love the challenge canoeing gives me both on and off the water.

**Cookie Sales**

Girl Scouts are known for their cookies. When I was little, I used to wonder what all the Girl Scouts did when they went into hiding after selling cookies. After all, I only saw them once a year. I had no idea what I would learn through the cookie selling program.

In third grade I joined Girl Scouts and was ecstatic when I heard that I too would get to stand outside grocery stores and peddle my cookies. I remember getting to my first site sale. I watched as people walked past me. Most people wouldn’t stop unless I engaged them, but the idea of talking to a complete stranger just didn’t seem right. Quietly I peeped out my first, “Would you like to buy some Girl Scout Cookies?” Most people said no, but with each smile, nod, and occasional purchase, my confidence grew. Sometimes people completely ignored me, and I had to learn to not let that hurt my feelings.

After only a couple years of selling cookies, I tied for top cookie seller in the service unit. I was the top seller for the next five years. Apparently I was goal driven. Each year became a challenge to see how many I could sell in the allotted two weeks. First I had to beat my old record, and then I had to see how far I could keep going. I did homework late at night, so I would be able to take every site sale available to me. My best year I sold 1,335 boxes of cookies. After a few years of pulling big numbers, I was able to travel to England and France for two weeks through Girl Scouts with the money I had earned. Cookies were a challenge. I gained confidence through them as I forced myself out of my comfort zone.

For my silver award project, the second highest award in Girl Scouts, I developed a class to teach salesmanship skills to the Girl Scouts in my area. Troop by troop I taught the girls skills like presentation, marketing, and goal setting. It was a huge success, and the following cookie season I had several younger girls set their sales goal to beat me. I had inspired them and created some competition for the top cookie seller title.

**Mentoring**

Two years ago I asked a Christian woman that I have known since I was very little to mentor me. We meet regularly and talk through what God is doing in my life. Having someone to work through difficult situations with has helped me stay focused on what really matters.

Last year, I had a ninth grade girl approach me and ask me to mentor her. After praying about it, we decided to start meeting every other week. It has been nice getting to know
her on a deeper level. We talk about what is going on in our lives and what God is showing us. I don’t always know the impact I am having on her, but I trust God has put me in her life for a reason. I am learning about patience and listening as my purpose is to be there for her when she needs it.

**English Education**

I have had the opportunity to be involved with a new ministry opportunity as it forms. Through this ministry, American English speakers are connected with Indonesian English students for weekly hour long educational English conversations. The response to this program has been overwhelming, and it has grown rapidly since its formation six months ago. While I wasn’t able to be a speaker with the program last semester, the program is now starting its second semester, and I will be serving as a regular speaker. I am excited to see where God takes this program.

Note: Due to the security of the international worker in Indonesia who leads this program and the other American speakers, the founder has asked that certain aspects of the program not be disclosed on paper. I would be happy to share more information about this opportunity in person or over the phone.

**Soccer**

I have been playing soccer since I was too young to remember. As I’ve grown up, my love for the sport has also multiplied. My freshman year I played with a team one year older than me. They were a tightly knit team, so I was unsure how I would fit in. I melded wonderfully into the group, and I spent three great years with them as we continually improved our teamwork. Last year, we won our district, division, and competed in the semi-finals of the State Recreational Cup (formerly known as the President’s Cup.)

This fall, there was no soccer team available for my age group, as most of my team had already graduated. I wanted to continue being involved in soccer, so I volunteered as a coach for a youth team. This was a totally new experience for me, but it was wonderful getting to know the kids on the team. I watched as one girl who showed up in tears at the beginning of almost every practice slowly broke out of her shell and began actively participating in the group. It was wonderful helping teach younger kids about the sport I love.
Piano

Television, video games, social media, and other new technologies have created a generation heavily reliant on instant gratification. Piano taught me about sticking to something even when it does not work out the first time. After eight years of piano I still can’t play everything. But I get a wonderful feeling when, after practicing and practicing a piece, I finally play it correctly.

In my sophomore and junior years I taught piano. It is one thing to play music. Some people have a knack for figuring it out, and others even play by ear. However, a deep level of understanding is required to teach a principle so another student can understand it. Explaining the musical concepts in a way that would be the easiest for my students to comprehend forced me to look at musical theory in new ways. I enjoyed helping my students through difficult pieces and loved seeing their satisfaction when they finally nailed a section of their song.

International Students

My dad grew up in Cote d’Ivoire, West Africa, so my family deeply values other cultures. We have been blessed with the experience of hosting several exchange students. The first student we hosted, Jenjira, was from Thailand. She stayed with us for about three weeks, and, since I am the only girl amongst my siblings, she stayed with me in my room. I loved having a “sister” for the month and we grew very close. I remember asking her many questions about her family, culture, and language. This helped form my interest in other cultures, and I was excited when my family agreed to host foreign students for the second time.

In 7th grade, we had a Spanish and a French student stay with us for about a month in the summer. The French student, Manon, spent most of her time with me. I was able to practice French with her while she practiced English with me. Sitting on our beds, we had French and English conversations going at the same time – a very fun cultural experience. Our families have become very good friends. A couple years later she came back to stay with us, and we visited her family last summer in France. They hope to visit us soon. Having friends from other countries opened my eyes to the world outside of America.
Travel

I have been blessed to take two different trips to Europe. I earned my first trip through Girl Scouts, and we traveled to London, went up through England to Scotland, and ended in Paris. It was my first time out of North America, and it instilled in me a love of travel. After studying French for four years, it was amazing finally being in France. I understood the French language and culture in a completely new way and came back even more motivated to learn the language.

Last summer my entire family went to France for three weeks. Being able to share this trip with my brothers made it so much more special. I had taken French for seven years and had just finished AP European History. We went to Paris, Normandy, Lyon, and Provence, and throughout the entire trip I felt like I had jumped into my French and History textbooks. Being immersed in subjects I had studied so deeply was incredibly rewarding and fascinating. My dad rented a car, so we were able to enjoy the countryside as we went from destination to destination. I loved immersing myself in the French culture. While we were in Provence, we stayed with our exchange student’s family, so I was able to experience life the French way. I have a much deeper appreciation and understanding of other cultures because of these trips, and I now have a huge desire to travel and experience even more cultures. I learned that cultural differences are not something to be afraid of. While misunderstandings make for awkward situations and even funnier stories, they help create an appreciation for the world.

TWEENEB (Trainor Women’s Bible Study)

I am part of a women’s Bible study that meets every other week. We meet on Saturday mornings for usually two to three hours. The group is composed of two of my grandmas, two of my aunts, my mom, my cousin, and me. Over the last couple years, we have studied several topics including, spiritual warfare, hope, and faith as well as a variety of books including Esther and 1 Corinthians. I have come to know my relatives on a new level through this Bible study as we have tackled different aspects of the Christian faith.
Career Exploration

In order to get a better understanding of what different jobs within the medical field entail, I have been actively seeking out job shadows. I have completed shadows in oral surgery, orthopedics, and Internal Medicine. Recently I completed a two day long job shadow of a Northwest University nursing graduate, Janell Peck, at the University of Washington Medical Center. Those two days were eye opening to me as they helped me understand what nursing is really like. Janell shares my desire to care for each patient physically and spiritually, and I enjoyed hearing her perspective on the ministry opportunities she daily encounters. Because of this experience, I am now even more enthusiastic about pursuing a degree in nursing.

I also completed an interview with the CEO and Chief of Staff of Evergreen Hospital. This was a wonderful experience for me as I was able to learn from them about career choices and the process of pursuing a career in medicine.

Furthermore, I have worked for the past year at Totem Lake Family Medicine, a local family practice office. This has given me a better understanding of the medical field and what goes into running a medical office. All of these experiences have been valuable in the process of navigating my future career choice.

Photography

I fell in love with photography on my first trip to Europe. Originally, I brought my camera so that I would be able to capture every moment of the trip, but I found myself enjoying the process of framing each picture to make it unique and interesting. As we got further into the trip, I became more attached to my camera. People ask me how I can enjoy a trip when I constantly have my camera stuck to my face. I don’t really get to see something until I take a picture of it. The process of framing the picture, analyzing the lighting, and timing everything perfectly pulls me into my surroundings. It is easy to walk by a market stand or store front without paying any attention to it, but I cannot take a good picture without interacting with my surroundings. While I loved doing photography in Europe, I have brought that interest back home and enjoy finding a new beauty in the things I see every day.
High School, Church, and Hometown
I have been homeschooled since fifth grade and attend a co-op with over 700 students. I have also taken three highly interactive AP courses online through Pennsylvania Homeschool Association with students from all over the country and the world. I have many good friends through both my co-op and online classes. I hope to attend an AP class party in Pennsylvania in May with other AP students from my classes.

I live in Monroe, WA which has a population of about 20,000 people. I have attended Woodinville Alliance Church from the time I was very young. Its congregation fluctuates, but it is currently at about 400 regular attendees.

Conclusion
Originally I participated in each of these activities because they appealed to me. Some sounded like fun experiences, some looked like great learning opportunities, and some simply sparked my curiosity. However, looking back on my experiences throughout High School, I can see a pattern. God brought me into each activity for a specific purpose, and each one helped mold and shape me into who I am today. I am moving into a new stage in life. Some of these activities will follow me, and some of them will end with high school. Just as God put me in each of these activities to fulfill a part of his plan, I trust that he will continue to lead me on his path.‘