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How has SPORT taught you the importance of goal setting in your life?

Sport has taught me the benefits and importance of goal setting because setting goals for my golf game motivated and pushed me to practice. Setting goals has allowed me to measure my progress and see my hard work pay off.

When have you used your personal CONFIDENCE that you developed through sport to help you in a situation in school or in life?

The personal confidence I developed through sports has encouraged me to try new things and step outside my comfort zone. By doing this, I have been able to seize new opportunities and grow in both school and my personal life.

What do you hope to GAIN during your internship this summer?

Through this internship, I hope to gain more experience in problem solving and further learn to adapt quickly to new circumstances. I also hope to gain more knowledge about what it takes to operate a successful and impactful nonprofit.