1) tell us about who you are. How would your family, friends, and/ or members of your community describe you? If possible, please include something about yourself that you are most proud of and why.(max 250) – 236 words

 My family and friends would describe me as an individual who embodies a blend of compassion, hard work, tenacity, and curiosity with a strong desire to improve and help the community around her. As a child, I learned maturity and responsibility at an early age, from being taught a number of household chores at age 7, to helping babysit our tenants' children at age 9. I am known as the baby whisperer in my family. I have carried these lessons of maturity and taking responsibility into my role as a Royal Canadian Army cadet where I also learned how to balance leadership and teamwork in successfully completing physical challenges. From hikes and expeditions, to teaching the young people in my community the importance of Canada’s military contributions, I have strived to lead by example and learn from each opportunity. The problem-solving lessons I gained as a cadet became invaluable with my time at the West Coast Kids Summer Camp for children diagnosed with cancer. I had to ensure each child was involved in an activity, prepare contingency activities if something went wrong, and coordinate the appropriate supplies and meals. Through this camp, I also learned about my ability to understand another’s pain, and how empathy and compassion will always be driving forces in both my personal and academic life. As a person who is always willing to grow and learn from her surroundings and experiences, I have developed a natural passion for history, social justice, psychology, and social work.

2) what is important to you ? And why?(max 250)

 The foundations upon which I move through this world are my principles and my unrelenting belief in compassion and equity. Supporting others has been instilled in me from an early age through my family. I learned the value of selflessness by seeing how my grandmother lived her life, because even towards the end of her life, her priority was her family. I also learned many lessons from my mother’s amazing work ethic as she sometimes slept in her car between job shifts. Through them, I have learned how to balance selflessness with the pressure to perform in academics, work, and life in general. Further, I have been able to cement my passion for helping others in various ways, from volunteering to family and friendships. Growing up in a generation that is more in tune with the challenges of mental health, I have had friends who struggled with anxiety, depression, and intense insecurity. Although I cannot solve their struggles, I support them and provide some guidance through the lows; they tell me that having someone who listens without judgment is important and I strive to see the world through their eyes everyday. Similarly, while volunteering for our school’s Mustang Justice program, I helped create a supportive and inclusive school environment through Aboriginal Awareness week, Black History Month, and my work with the Gay Straight Alliance. I hope to continue this type of work in my post-secondary years through programs such as UBC’s project 1CC and the UBC Sikh Students' Association.

4) Tell us more about ONE or TWO activities listed above that are most important to you. Please explain the role you played and what you learned in the process. You will be asked for a reference who can speak to your response. (Max 350)

 West Coast Kids Cancer Foundation's day camp was more than a volunteering experience to me, it has a special place in my heart. Coming into this initiative, I had previous camp experience through my school’s Camp Next soccer camp, but there were many new challenges I had to navigate because the camp was for children affected by cancer and blood disorders and it was also a pilot program. In grade ten, while doing career research, I came across a statistic that many professionals employed in mental health experience emotional burnout in the first five years. Knowing this, I decided to volunteer for the West Coast Kids Camp. I wanted to see if I could handle the emotional pressure of working with children who are facing life-threatening illnesses. Fortunately, this camp taught me how to de-stress, the importance of asking for help, and the need to take moments for myself when I felt overwhelmed. The camp was rewarding because I saw smiles on the kids’ faces every day and hearing how they loved their time at the camp made the experience even more meaningful than I had anticipated. This initiative allowed me to believe in my own strengths and now I can see myself working in mental health as a social worker or psychologist. I learned the gift of being imaginative again through the children. For example, we had a superhero day and a camper did not want to put on sunscreen; to encourage her to use it, I said the sunscreen would enhance her superpowers and with that she wore the sunscreen. I learned how to be supportive, inclusive, and imaginative at the same time. Ultimately, the kids taught me how to see beyond the negative and realize that there is more to life than the hurdles we face. Volunteering with West Coast Kids Cancer Foundation was priceless because of the children. The camp enabled each child to be a regular kid and and not different because of an illness. These children built a community of trust and joy that I’m very grateful to have been a part of.