

Supplemental Essay Prompt: Considering your ability to control your own motivation and behavior, how have past experiences helped build your courage and resilience to persist in the face of academic and life challenges so that, once these storms pass, you can emerge in continued pursuit of your goals? (250 words max)

233 words

One morning in my first period chorus class, the ballet instructors visited to ask for male volunteers for the school ballet production. The room went silent, then some guys laughed. I raised my hand, the first and only one to do so. Everyone looked at me. I had never done anything like that before, it sounded interesting, and I wanted to help out. Usually, male students from the Thespian Club participate in the show, but this year they were away at a competition.

I quickly learned that ballet is a lot tougher than it looks and requires tremendous strength and discipline. But I had made a commitment and stuck with it. I worked hard during evening and weekend rehearsals to learn the steps and practiced for hours to master what the other dancers had been doing for years.

I came to understand that to truly be in the ballet was to immerse myself in it while realizing how similar it was to my other activities like competing in sports, and playing in musical ensembles. From stage to class to field it takes resilience to learn something new, practice until perfect, and courage to keep going even when things don't go according to plan. My past experiences with sticking to a goal from start to finish, despite obstacles, others' opinions, and challenges, will not only help me endure the storm, but emerge even stronger with new understanding and knowledge.