**Our families and communities often define us and our individual worlds. Community might refer to your cultural group, extended family, religious group, neighborhood or school, sports team or club, co-workers, etc. Describe the world you come from and how you, as a product of it, might add to the diversity of the University of Washington.\* (300 words)**

I was a very timid child. I couldn’t even strike a simple conversation with someone.

Concerned, my parents enrolled me in a taekwondo club in third grade. I remembered feeling apprehensive and hesitant to kick when dozens of sets of eyes were on me during my first sparring session. I really wanted to change, but I didn’t know how. After that, Sabom, my taekwondo instructor, pulled me aside.

He said, “Indomitable spirit is one of the 5 tenets of taekwondo; you should always exhibit full effort inside the training area and in real life.” “Don’t think too much, just kick back whenever you’re kicked! Eventually, the wall limiting you will crumble.”

Unsure, I just followed instructions. As I landed more kicks in my next sparring, cheers would be heard. More kicks equal to louder cheers; the vibration felt from the cheers were, somehow, converted into confidence that would strip away my timidness. It was an encouraging feeling.

Now, I’m able to give double kicks for every kick received. I’m motivated to convert cheer energy into confidence energy. Sabom and my taekwondo friends, they’re the reason I became who I am now: a slightly more confident guy with a bit of taekwondo skill. They’ve become my coping mechanism. I would remember their cheers whenever I needed a confidence boost. They’ve taught me to create a confidence energy generator.

At UW, I wish to develop a community where I can impart my sustainable confidence energy generator. I wish to be part of Husky’s Health & Well-Being Center and help create a supportive environment for my peers who are low on confidence.

Hi David,

Interesting topic! You already have a clear story and goal from the experience. I would encourage that you pay focus to the part of the essay prompt that asks how you can provide diversity to the University of Washington. How is your approach to health and well-being unique? Whatever it is, don’t forget to include a section on that on your next draft. Below is a proposed essay outline that you can consider to strengthen your story:

1. Timid – elaborate on this (not talking to anyone, is it because of a past issue?)
2. Parents placed into Taekwondo where you were constantly under peers’ attention
3. Instructor came to you and said something that you are unsure you can do
4. Re-visit with instructor and you are still unclear. Please elaborate on how you “just followed instructions.”
5. Slow improvement in Taekwondo and increasing comfort and camaraderie with peers
6. Now you are confident thanks to the support and patience of instructor and peers
7. Your current goal is to provide the same support to those at UW who might be going through the same thing you did. Elaborate on what is diverse and unique about your approach that will benefit the school.

C.G.