**A hallmark of the Columbia experience is being able to learn and thrive in an equitable and inclusive community with a wide range of perspectives. Tell us about an aspect of your own perspective, viewpoint or lived experience that is important to you, and describe how it has shaped the way you would learn from and contribute to Columbia’s diverse and collaborative community. (200 words or fewer)\***

I was a very timid child. I couldn’t even strike a simple conversation with someone because of social anxiety. My parents enrolled me in a taekwondo club to build my confidence.

I remembered feeling apprehensive and hesitant to kick when dozens of sets of eyes were on me during my first sparring session. Afterwards, Sabom - my taekwondo instructor - pulled me aside. He said, “Don’t think too much, just kick! Eventually, the wall limiting you will crumble,” to encourage me to not think too much.

Trying to do my best to change, I 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.I would remember their cheers whenever I needed a confidence boost. They’ve taught me to create a confidence energy generator.

At Columbia, I wish to develop a community where I can impart my sustainable confidence energy generator. I wish to be part of Columbia health and wellness program and help create a supportive environment for my peers who are low on confidence through bonding exercises and workshops focused on building confidence through martial arts.