

Transitions & Insights

○ Personal Life – Elementary through High School

- Pre Elementary School
 - grew up in very nice expensive town
 - went to a pre-school from age 1 to age 4
 - traveled to Italy when I was 3
 - went to Mexico with another family when I was 4, near the time my brother was going to be born
 - **brother was born when I was 4**
- Elementary School
 - **went to neighborhood school, could walk there**
 - **in kindergarten made friends that I am still friends with today**
 - **was slow to learn to read and then started to read lots of books**
 - went to Sweden to visit distant relatives with family and cousin when I was in 3rd grade
 - **started playing competitive soccer in 4th grade with friends who I played with for years on several teams**
 - did competitive swimming third grade to fifth grade
 - went to Australia right before 2000 Olympics in 4th grade
 - went to Holland and France in 5th grade
- Middle School
 - **went to an all girls private middle school with 120 girls**
 - they helped girls feel confident about themselves
 - made great friends
 - **switched from long term soccer team to a team with a very intense coach, but it raised my skills a lot**
 - **mom passed away at end of 8th grade (very hard to deal with)**
 - went to lake in Vermont with two other families after mother's death
- High School
 - **went from small private middle school to large public high school**
 - one of top academic schools
 - also top sports schools
 - **a group of friends left our soccer team, causing it to disband. I ended up on a high level team and my best friends ended up on another high level team. It was hard no longer playing with them and instead playing with people from all over the area.**
 - played on the varsity soccer team from freshman year on
 - **made friends with a group of five girls who I am still very good friends with today**

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- Professional Life – Elementary through High School
 - Middle School
 - allowed me to become more confident to speak in front of others
 - allowed me to practice my creative talents
 - was able to start a business from the ground up in 7th grade (showed me that I would like to work in business world)
 - **worked on my endurance and dedication to soccer throughout middle school which helped increase my academic work ethic as well**
 - became a really good writer
 - High School
 - did journalism as junior and senior on school magazine
 - became one of the editors senior year
 - won Columbia University Journalism Award
 - **Worked very hard throughout high school to get good grades**
 - started making “to-do” lists every day to get things done
 - won scholarship during sophomore year

Transitions & Insights

○ Personal Life – College

- **moved to east coast to go to college**
- have made a great best friend along with many good friends
- able to play soccer at college level and get a lot of playing time
- have great teammates on my team

○ Personal Life – College

- being able to play on a team at the college level helps me build my “teambuilding” skills in the class room as well.
- group projects help me improve my communication with other people
- being able to balance soccer, social life and academics will be a good skill to have in professional world
- psychology major (will help me learn about people) and business mgmt minor (help me prepare for business world)

Insights:

I realized the major academic transitions have been the hardest for me. I went to an all girls middle school where I had to make new friends and I was only around girls was hard for me to adapt too. Similarity, when I went to my large public high school, I had to transition back to being in a co-ed environment that wasn't as creative or free as my small private all girls' middle school. I was lucky to find a great group of girls who I love with all my heart.

Both transitions helped me prepare for the biggest one yet, moving all the way to the east coast for college where I only see my family and home friends every few months. It is very different on the east coast and I learned that you have to be outgoing if you want to make friends and meet people.

While these transitions have been difficult, they have helped me attain traits which I am most proud of today (my outgoing personality, optimistic attitude, being able to adapt to a new environment).