| Activity Name (35 chars) | Position held, honors won, or letters earned (62 chars) | hrs/weeks (10 chars) | Grade level |
| --- | --- | --- | --- |
| DiscoBots FRC,Vex & Combat Robotics | Captain/President; 19+ trophies up to international-level. | 14/40 | 10, 11, 12 |
| RAN Disaster Response Invention | Founder/President; Ambition Accelerator Best Voted Idea. | 3/20 | 10, 11, 12 |
| Taekwondo Competition Team | Black-Belt & Instructor; Worldwide Taekanagwon Gold Medalist | 9/40 | 9, 10, 11, 12 |
| Competition Speech & Debate Team | Captain; 2x Nationals Qualifier; 2nd-Ranked Speaker NSDA Texas | 6/37 | 10, 11, 12 |
| Pedal Power Community Project | Founder; Houston Resilience Design Contest & NWF Prize Winner | 2/30 | 10, 11, 12 |
| ION Houston Prototyping Lab | Intern, CNC Specialist; Restored industrial CNC for community use | 4/19 | 11, 12 |

List one-time honors or awards received and academic year, e.g., Academic Gold Medal, grade 10. (120 chars)

Autodesk Conference Industry Talk Host (12); Future Engineers Design Contest Finalist (11); Vex Worlds Guest Speaker (10)

List paid employment held, academic year, and hours worked per week, e.g., lifeguard, grade 9, 10 hours/week. (120 chars)

My visa does not allow for paid employment, but I have numerous other internships and community service positions.\

To help the reviewers get to know you, describe an experience you have had, a person who has influenced you, or an obstacle you have overcome. Explain why this is meaningful to you. Use your own words and limit your response to the space provided on the application.\

Being born in India (the country of my heritage), lived in Singapore (the foundation of my childhood), and now residing in Houston (the stepping-stone of my future), has exposed me to various perspectives and unique standpoints, but, unexpectedly, some of my most transformative experiences have been in my Taekwondo journey.

A few months after I joined my Taekwondo school, I was struggling with balance and technique in a basic sequence of moves. While other senior instructors merely advised repetition, it was Master Blazek who recognized my struggle and approached me with valuable insights.

Noticing I was turning my waist too much during my kicks, he devised a creative routine. He asked me to kick a foam helmet that he tossed into the air. By throwing it to intentionally exploit my tendency to over-rotate, this exercise helped rewire my muscle-memory and significantly improve my balance. I later went on to win a Gold Medal in the International Open Taekanagwon Poomsae Championships, a testament to the profound impact of Master Blazek's teachings.

Two years later, as I earned my first black belt, Master Blazek offered me a unique opportunity to become a junior-instructor over my peers. I eagerly accepted, excited to pass on the technical knowledge and experiences I had gained under his guidance.

In one of my early teaching sessions, I observed a student, Yash, struggling with his taekwondo forms. He executed the sequence of moves with a lack of strength which was sure to reduce his competition scores where "expression of power" is awarded points. I saw my initial state of unaware inaccuracies in Yash’s attempts, but at this same moment I also saw an old foam helmet in the corner, inspiring a creative teaching exercise.

Holding the helmet in a loose grip, I encouraged Yash to punch it out of my hands. He started with lazy taps, but the novelty of knocking the helmet away and watching me retrieve it unlocked a new excitement in him. Gradually, he started to fling the helmet across the room. Asking him now to re-do the initial sequence, but with the addition of his fresh power, the immediate results were undeniable, each move now infused with a newfound vigor of force and energy.

It’s mentoring and leadership opportunities like these that have transformed me into an interpersonal leader.

Master Blazek’s technical expertise, wisdom, and genuine care have shaped my journey to become a "Master Goyal" not just in the dojang, but in global communities that solve pressing issues.

Sharing my knowledge and skills with Yash and other peers in Taekwondo, Debate, Robotics, Projects, and more have enriched my ability to be a changemaking leader.

These perspectives as a selfless mentor and effective leader beckon me to carry forward a legacy of learning, empowerment, and application as I inspire my peers and myself to tackle extraordinary challenges together. This is meaningful to me because no matter which country, activity, or position I am in, I will find a path to broader lessons and vital impacts for my communities, mentors, peers, and I.