

## Profile

### Personal Information

**Name** Helfinstein, Ashley Rose  
**Sex, Birthdate** Female, 12/09/1997

### Contact Details

**Email, Phone** a-college@helfinstein.com, +1.408-737-2936, Home, +1.408-306-6054, Mobile  
**Permanent Address** 974 W Iowa Ave Sunnyvale, CA, 94086-7569, USA

### Demographics

**Military Status** None  
**Hispanic or Latino** No  
**Race** White (Europe)

### Language

**English** First Language

### Geography & Citizenship

**Citizenship Status** U.S. Citizen or U.S. National  
**Birthplace** Stanford, California, United States of America (18 Years US, 0 Years Non-US)

### CA Fee Waiver

**Fee Waiver Requested** No

## Family

### Household

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**Parents** Married  
**Home** Both Parents

### Parent 1

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#### Mother

**Name** Ms. Ruth A (Wolfstein) Helfinstein  
**Birthplace** United States of America  
**Email, Phone** college@helfinstein.com, +1.408-737-2936, Home  
**Address** the same as my home address  
**Occupation** Computer programmer or analyst, Senior Software Engineer, Kurbo Health, Employed  
**Education** Graduate school  
Bachelors (1987), Masters (1987), **Stanford University, Stanford, CA, USA**

### Parent 2

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#### Father

**Name** Mr. David A Helfinstein  
**Birthplace** United States of America  
**Email, Phone** college@helfinstein.com, +1.408-737-2936, Home  
**Address** the same as my home address  
**Occupation** Other, Director of IT, Self-Employed  
**Education** Graduate school  
No Degree, **University of California: Irvine, Irvine, CA, USA**  
Bachelors (1986), **California State University: Northridge, Northridge, CA, USA**  
Business (1991), **San Jose State University, San Jose, CA, USA**

### Siblings

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1. Zachary A Helfinstein, Age 20, Brother, Some college/university Bachelors (09/2013 - 06/2017), **University of California: Santa Barbara, Santa Barbara, CA, USA**

# Education

## Current or Most Recent School

Homestead High School, Cupertino, CA, USA, Public, CEEB: 053462 (08/2012 - 06/02/2016)

**Counselor** Ms. Nicole Deatherage, Guidance Counselor  
**Email, Phone** nicole\_deatherage@fuhsd.org, +1.408-522-2500  
**Interruption** I have no interruption to report

## Other Colleges & Universities

**School** **University of California: San Diego, La Jolla, CA, USA** Course taught on college campus, College credit awarded, Transcript available (07/2015 - 08/2015)

## Grades

**Rank** na / 597  
**GPA** 4.0 / 4, Unweighted

## Current or Most Recent Year Courses

| First Semester                    | Second Semester                   |
|-----------------------------------|-----------------------------------|
| <b>AP Computer Science - (AP)</b> | <b>AP Computer Science - (AP)</b> |
| <b>Chemistry</b>                  | <b>Chemistry</b>                  |
| <b>AP Spanish Language - (AP)</b> | <b>AP Spanish Language - (AP)</b> |
| <b>AP Statistics - (AP)</b>       | <b>AP Statistics - (AP)</b>       |
| <b>Humanities</b>                 | <b>Humanities</b>                 |
| <b>US Government</b>              | <b>Economics</b>                  |

## Honors

|   |        |    |
|---|--------|----|
| <b>AP Calculus BC Green and White Award</b>                                   | School | 11 |
| <b>American Literature Honors "William Shakespeare" Green and White Award</b> | School | 11 |
| <b>Physics Honors Green and White Award</b>                                   | School | 10 |
| <b>Volleyball Team Most Improved Player</b>                                   | School | 9  |
| <b>Swim Team Most Improved</b>  | School | 10 |

## Future Plans

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Undecided, Masters

PREVIEW

# Testing

## SAT

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|                         |     |            |
|-------------------------|-----|------------|
| <b>Critical Reading</b> | 740 | 01/24/2015 |
| <b>Math</b>             | 800 | 10/03/2015 |
| <b>Writing</b>          | 750 | 10/03/2015 |
| <b>Taken</b>            | 2   |            |
| <b>Planned</b>          | 0   |            |

## SAT Subject Tests

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|                        |     |         |
|------------------------|-----|---------|
| <b>Math Level 2</b>    | 800 | 06/2015 |
| <b>Spanish Reading</b> | 730 | 06/2015 |

## AP Subject Tests

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|                                |   |         |
|--------------------------------|---|---------|
| <b>Calculus BC</b>             | 5 | 05/2015 |
| <b>Physics C<br/>Mechanics</b> | 5 | 05/2015 |
| <b>Computer Science<br/>A</b>  |   | 05/2016 |
| <b>Spanish Language</b>        |   | 05/2016 |
| <b>Statistics</b>              |   | 05/2016 |

## Activities

### Athletics: JV/Varsity

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|                    |   |
|--------------------|---|
| 9, 10, 11, 12      | Volleyball, Homestead Volleyball  |
| School             | Position: Middle Blocker and Opposite. JV 9th/10th, Varsity 11th/12th grade. In 11th grade the team won 2nd in CCS and played in NorCal finals. |
| 15 hr/wk, 15 wk/yr |   |
| Continue           |   |

### Athletics: JV/Varsity

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|                    |   |
|--------------------|---|
| 9, 10, 11, 12      | Swim, Homestead Swim Team   |
| School, Break      | Events: 50 free, 50 fly, 100 free, 200 free, 100 back. Most improved swimmer 10th grade (JV). |
| 10 hr/wk, 15 wk/yr |   |

### Athletics: Club

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|                    |   |
|--------------------|---|
| 10, 11             | Volleyball, Mountain View Volleyball Club   |
| School, Break      | Position: Middle Blocker. Teams: 16 Black/17 Black. NCVA Regional Championship-17th place. (Highest ranked 16-2's and 17-2's) |
| 12 hr/wk, 25 wk/yr |   |
| Continue           |   |

### Other Club/Activity

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|                   |  |
|-------------------|--|
| 11, 12            | Homestead Book Club-Founder and President  |
| School            | Founded in 11th grade to create an outlet for literary discussions outside of class and to connect the reading community. President 2 years. |
| 3 hr/wk, 40 wk/yr |  |
| Continue          |  |

### Art

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|                   |  |
|-------------------|--|
| 10, 11, 12        | Life in Focus Photography Club-Dir. of Operations  |
| School            | 12th grade-Secretary/Treasurer. The club promotes photography among students, does field trips, photo contests, and photography education. |
| 1 hr/wk, 36 wk/yr |  |

### Community Service (Volunteer)

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|                   |  |
|-------------------|--|
| 10, 11, 12        | Homestead California Scholarship Federation  |
| School            | Volunteering-Events such as gardening at elementary schools, helping at Walkathons, working at the public library. |
| 1 hr/wk, 25 wk/yr |  |

## Theater/Drama

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9, 10

Peninsula Youth Theatre

School, Break

Stories on Stage-Strega Nona in "Merry Christmas, Strega Nona", Ma in "A Little House Christmas". MainStage-Legally Blonde cast member.

8 hr/wk, 10 wk/yr

## Academic

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12

UC San Diego Academic Connections (summer program)

Break

Intro to Cognitive Science-college course taught by PhD students Eric Leonardis and Thomas Donoghue. Grade: A+. Included essays, tests, discussions.

30 hr/wk, 3 wk/yr

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# Writing

## Personal Essay

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**Discuss an accomplishment or event, formal or informal, that marked your transition from childhood to adulthood within your culture, community, or family.**

The lost feeling dropped in my stomach and ballooned out of control, taking up all the space until I thought I would throw up. Panic buzzed through my entire body. On my own for real now, I had no clue what to do.

On that first day of the UC San Diego Academic Connections program, I was completely out of my element, floundering for a space in this new world. I attached myself to the group of girls that paraded by me and trailed behind the beautiful RA as she chatted comfortably with the crowd. I fretted over my insecurities, wrapping them around me like a cape.

Later that week, curled in the corner of the giant, empty common room, I sat alone with a book, awaiting the beginning of Board Game Night. Two people entered with the games and began to set one up to play together. I glanced around at the emptiness of the room, unsure what to do with myself. My anxiety increased as people trickled in and began to play games with their friends. I didn't have anyone to play with. My suitemates were all tucked away in their rooms. I had the thought to flee and read by myself, but then I saw people getting out cards to play poker.

Unable to resist the temptation of the game, I joined in surprisingly easily. After a few hands, I settled into the rhythm. Over the course of the evening I began to feel comfortable with the group as we transitioned to other card games. As we played BS, I found myself joking with the boy next to me and chatting like I would with my friends at home. I was pleased to discover that even on my own, in a new situation, I had my identity.

I began to define myself in the differences between people. Playing Capitalism, Egyptian War, Spoons with my suitemates from China, Texas, Southern California, I discovered our different styles. Shiwen was musical, introspective and sweet. Elizabeth was competitive, dryly humorous, and intellectual. Mariana was quiet, generous and passionate about biology. And I was me - enthusiastic, kind, nerdily excited to connect my learning to real life. As I discovered my own traits, I felt my confidence growing.

It was refreshing to walk on my own. My terror about going to college receded as I realized that I could be independent. I bounded along the path to the Cognitive Science building. I took in the trees and sculptures in John Muir College and marveled at the Geisel Library as I entered the unfamiliar classroom. I felt at peace, as if I had found my place among my class. The mind-blowing concepts of Cognitive Science captivated me. The meta experience of using my brain to learn about how human brains learn, or practicing words on my tongue as we studied Linguistics was thrilling. I spent time with passionate classmates, expanding the volume of my knowledge as I pushed the boundaries of my independence.

For me, adulthood did not come at my Bat Mitzvah, when I was surrounded by people I knew, who supported me. It came over four years later, when I was surrounded by no one that I knew, forced to become familiar with myself instead. I discovered the dynamic of being with people, alone. I took complete responsibility for my well-being. I learned how to learn in a new environment with ample distractions and free time. Now, I continue to feel like an adult. My identity manifests in the confidence with which I interact with people, and the way I handle myself. This transition was a long time coming, but the catalyst of Academic Connections nudged me over the brink into adulthood.



## Discipline & School Interruption

### Education Interruption

I have no interruption to report

**Have you ever been found responsible for a disciplinary violation at any educational institution you have attended from the 9th grade (or the international equivalent) forward, whether related to academic misconduct or behavioral misconduct, that resulted in a disciplinary action?**

No

**Have you ever been adjudicated guilty or convicted of a misdemeanor, felony, or other crime?**

No

PREVIEW

# Stanford University Member Page

## General

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|   |                          |
|---|--------------------------|
| <b>Entry Term</b>   | Preferred: Fall 2016     |
| <b>Decision Plan</b>  | Restrictive Early Action |
| <b>Do you intend to use one of these school-specific fee waivers?</b> | N/A                      |
| <b>Do you intend to pursue need-based financial aid?</b>              | Yes                      |
| <b>Do you intend to submit an arts portfolio to Stanford?</b>         | No                       |

## Academics

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|                                 |                                       |
|---------------------------------|---------------------------------------|
| <b>First Academic Interest</b>  | Undecided                             |
| <b>Second Academic Interest</b> | Symbolic Systems                      |
| <b>Third Academic Interest</b>  | Computer Science & Humanities (CS +X) |

## Activities

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### Extracurricular activities or work experiences

Sophomore year I was talking to my friend Hannah about books, and our voices rose as we became enthusiastic and invested. I loved the conversation and wondered why there wasn't an opportunity to have this kind of excited discussion with other avid readers at Homestead. Thus began my idea for the Homestead Book Club. Getting the club approved and started over the next year was a challenging process at times, but rewarding. It has been a great experience to get recommendations for books that I might never have chosen for myself from other club members. We are able to make time to read more by having suggested books, we talk about what excites us about them, and we get to know some of the reading community at Homestead. Our common experience of being book lovers in high school connects us.

## Contacts

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**Previously applied** No

## Family

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**Siblings applying** No

**Have any relatives ever attended Stanford University?** Yes

**Is relative in list** Yes

**Relative 1 relationship** Mother Ruth Helfinstein (Wolfstein)

**Relative 1 degree number** 2

**Relative 1 degree1** Bachelors 1987

**Relative 1 degree2** Masters 1987

**Have any relatives ever worked for Stanford University?** No

## Short Questions

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### **Favorite books, authors, films, and/or artists**

*Ready Player One*, *An Abundance of Katherines*, John Green, Jennifer Lawrence, Rainbow Rowell, *Bellwether*, 13 Going on 30, Double Indemnity, Legally Blonde, *The Hunger Games* books, Ally Condie, *Matched*, Rent, Kristin Cashore, *Divergent* books, Josh Gad, *A Tale for the Time Being*, Dale Chihuly

### **Newspapers, magazines, websites**

I enjoy the website Upworthy because the articles are uplifting and there are great quotes, such as the amazing quote from John Green about nerds. I also like the website Goodreads as a resource to research and keep track of my books.

### **Most significant challenge society faces**

Selfishness is society's greatest challenge. We need to care about other humans on an individual basis and have empathy for those we know, and those who may live a world away. If we see the humanity in all people, we will be motivated to improve the world for everyone.

### **Last two summers**

I spent three weeks last summer at the Academic Connections program at UC San Diego learning about Cognitive Science from amazing graduate students. The previous summer I went to the Maccabi Games in Boca Raton, Florida and played volleyball on a team of Jewish teens from Texas, Milwaukee and California.

### **Favorite events**

Attending the She's Geeky un-conference with my mom, where I led my own session about books; playing in the NCVA Regional Championship with my club volleyball team and helping to move up to the silver division; playing the motherly lead role in the short play Merry Christmas, Strega Nona.

### **Historical moment or event**

The first taping of the Mary Tyler Moore Show was a catastrophe. However the show went on to be influential. Mary represented an independent woman who did not need a man, a revolutionary concept in the 70s. I would have been proud to witness this seemingly inconsequential moment.

### **What five words best describe you?**

Positive, Enthusiastic, Athletic, Kind, Inquisitive

## Short Essays

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### **Idea or experience important to intellectual development**

AP Physics was a roller coaster ride for me. After taking Physics Honors I felt prepared and excited. However, I soon realized that AP Physics was completely different. The complexity of the problems and the attention to detail required was overwhelming, but the topics were more fascinating than ever! The harder the problems were, the more exciting and satisfying it was to work through them. I loved learning about new concepts, such as torque and rotation, and applying them to everyday life. I went to see Cirque du Soleil with my family, and all I could think about was physics. I went on to do a project about it, explaining to the class the amazing mechanics behind the performance. I would sit in the car and discuss the rolling of the wheels with my dad, or I would explain why opening a door far from the hinge creates a bigger radius so it takes less force. This class was a stimulating intellectual experience and I reveled in every moment of it, even the ones that tested my personal strength. It was a daunting undertaking, but pushing through it yielded a rewarding end result. It gave me perspective and a renewed fervor. Now, I bring all the lessons I learned from that experience to my other classes, especially the passion for physics and intellectual challenges.

### **Note to future roommate**

Dear New Roommate,

I am a happy, positive person! I also consider myself a nerd, because I become engrossed in a variety of topics, and find myself referencing them in all situations. I do this with books a lot, because I tend to reread my favorites incessantly. I will also watch (and rewatch) The Simpsons with you any time.

If you want to take a trip, we can go to the beach. When I went to The Girls' Middle School I learned how to surf and stand-up paddleboard, which I really enjoyed because I love to swim and go in the ocean! But my favorite activity is volleyball, and I would love to share it with you! Maybe we can play intramural or club volleyball together during the year.

Don't be shocked if you see me randomly writing notes to myself in cursive. It's my kind of doodling. I started after reading the book Matched, where the characters try to save the art of cursive. I use that and juggling as ways to de-stress.

If you ever need scrapbooking supplies for anything, I'll definitely bring some along with me, because I like making cards with them! It's nice to give people something unique.

I look forward to hearing about your favorite things and getting to know you (note 2 musical theatre references there :).

Sincerely,

Ashley Helfinstein

### **What matters to you, and why?**

Volleyball is my passion. If it were possible, I would play constantly. My connection with volleyball seems innate and inexplicable to me, but there are profound reasons that I connect so genuinely with this sport. From middle school onward, I have been shy and agreeable with most people, making limited deep connections. Volleyball has forced me to break through this timidity to articulate what I need, and be confident in myself. Working with such varied groups of girls, I learned how to be a good, supportive teammate to each of them. To be part of the team, I had to find my role in the group, do my part, and communicate what support I needed from my teammates to be successful. I learned to rely on them, and allow them to rely on me. I built a habit of hard work. I learned not to be fazed by anything, to keep things in perspective. I gained a form of simultaneous tranquility and enthusiasm. Volleyball matters to me because these lessons I learned resonate deep within me as I see myself becoming a better person, and a better volleyball player. Volleyball has allowed me to become who I am today, which is a

more confident and engaged person, student and member of society than I ever could have been without it. I am grateful for the development, and the true connection that I have shared with the sport for so many years.

## Affirmations

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**Honor Code and  
Fundamental  
Standard**      Yes

**Agree to terms of  
Stanford  
application**      Yes

PREVIEW