

Grace Plummer

SEF Rotary Booster Essay

03/25/2024

Rotary Sports Essay

Question: A personal experience you have had which has contributed to your desire to further your education.

The accomplishment that sparked my desire to further my education in medicine was placing in the top 8 at the national *Anatomage* (anatomy) competition in May 2023. My team consisted of three other girls from our 1A rural high school, and with collaborative teamwork and combined effort and support, we were able to earn our top 8 placement after competing against schools from all classifications and divisions in the United States. We earned an invitation to compete at nationals after taking first place in the Washington State *Anatomage* tournament at the 2023 HOSA, Future Health Professionals Spring Leadership Conference, again, against schools of all sizes and divisions. The feeling of knowing that all the time and effort I spent learning and memorizing anatomy paid off and gave me the realization that I belong in the medical field.

The surreal opportunity to travel outside of Washington State to compete nationally was something I never imagined I would have the opportunity to do. My time spent at nationals was filled with competitions and speakers. One speaker was Gary Vitti, a previous athletic trainer for the Los Angeles Lakers. Listening and learning about his work, getting a glimpse into his career, and hearing about healing athletes solidified my interest in sports medicine. In addition, having an opportunity to learn and compete with high-level technology was something that I had never experienced before. Coming home, I was not only proud of our accomplishments, but I also gained an increased sense of self-worth, enthusiasm for sports medicine and kinesiology, and a feeling of belonging within the medical community.

Participating in my sports medicine class for the last four years, which is directly involved in the HOSA, Future Health Professionals, made these opportunities possible. I joined this class after seeing previous high school students on the sidelines at athletic events, helping athletes in need of care. I immediately found interest in the complex systems and anatomy of the human body and grew my skills as a communicator and teammate. Another experience made possible through this class/club was a field trip to the Washington State University Cadaver Lab where we were able to see and feel the human body. Looking at the shapes of organs, the size of vessels, and the strength of tendons and nerves truly made me appreciate the resilience and complexity of the human body. These experiences helped me find my passion and fueled a desire to push myself academically.

In that spirit, I have been able to grow my worldview as a running start student where I've been able to challenge myself personally and academically. Collaborating with classmates who have different backgrounds and experiences has helped me see the celebration and recognition of knowledge gained through diverse lenses. Working with college peers has created an urgency to push me out of my comfort zones. The opportunity to experience diverse learning environments has helped me understand the importance of continuously challenging my beliefs and knowledge; working hard to become a better person each day.