

## **BWS Education Consulting Two Year Colleges Sample Essays**

### **Blinn College**

*Prompt: Discuss some issue of personal, local, national, or international concern and its importance to you.*

My favorite activity is color guard. I eat, sleep, and live color guard. Without it, I have no idea what I would do with my spare time. I have been in color guard since my sophomore year, and I have been in winter guard since my freshman year. Once I head off to college, I plan on continuing with guard, whether I join an independent group or join the guard at my school. Color guard has made a tremendous impact on who I am as a person, but for some reason color guard is an activity that is always forgotten about, even though we are the ones that add color to the football half-time show.

When I first started color guard I thought, “This is going to be so much fun, we get to spend a lot of time with the band meaning? New friends!” That part was true, but from the beginning, I saw how the guard was to be treated. There have been many pep rallies where our band instructors would have to get in some last minute practicing right before, while the band would be performing in the gym without us. Being left behind while the band performed was very degrading because it seemed like we did not matter at all, which is untrue. Without the color guard, half-time shows are just people marching on a field making shapes and playing music. With the guard, there are people marching on the field playing music, making shapes, twirling flags, rifles and sabers.

Another reason that color guard is overlooked is it is not announced to the whole world as a sport. Out of all the groups that participate at football games, other than the football players, cheerleaders are the most focused on. Before the game start the cheerleaders set up the tunnel for the football players to run through and then, as the band plays the fight song, the cheerleaders and the dancers perform their routine. Meanwhile, the guard is in the stands clapping to the song just like the other audience members. As the game continues, the cheerleaders move wherever the football players move and cheer to both the audience and the players themselves. Though the band and color guard cheer on the football team, it feels insignificant because they can only hear us when we are right in front of them. During half-time, as we march onto the field all I can hear is “Woo! Go band!” Once again, the color guard is forgotten even though we are standing right next to the band.

When people forget about the color guard it saddens me because I know from experience how much hard work is put into that activity. Some of the happiest memories I have involve color guard. All of the members in our color guard are like family to me. Just as families do, we have our disagreements from time to time but we all love each other very much. I met one of my best friends through color guard; she is like a sister to me. Whenever I am dealing with problems at home I know that I can go to her house for comfort. Last year was our first year having a winter guard, and that was the best part of my year. Sometimes practices were frustrating, but all that hard work paid off at the competitions. After we finished performing at our last competition I

cried so many tears of happiness I could barely grab my chair, rifle, flag, and other equipment. Our whole season held more promotions than any other team in the history of the Texas Color Guard Circuit. We were promoted so many times that the rules of the color guard circuit we participate in had a few changes to the ways of teams getting promoted. Some of my happiest memories were created with my color guard teammates and it is a shame more people do not take part in this wonderful activity.

## **Butler Community College**

*Prompt: Describe something you do or have done that has made you what you are today.*

### MY LIFE IS MY MESSAGE

Running is an activity not many like to do. Unlike others, I love to run. To me, running is not just a hobby, but a way of life. Running cross country and track are two sports that I find competitive and enjoyable. My coach, David Cruickshank, once told me this, “It’s not about how many times you get knocked down, it’s about how many times you get back up.” Those are words of motivation from a true running legend. My coach has made me the person I am today. Every single day I am with him, I learn more about myself and how I can become something great in life, merely by never giving up, just as he never gave up.

I have been running for over four years now. Every single day, from the very start of my high school career to the present, I think, live, feel, taste, and imagine myself running. I have encountered numerous experiences during my years of running, from championships to near death. These events are those that make running memorable. My first day of practice four years ago was nothing compared to what I do now. I started running on a treadmill stopping every twenty minutes. Now, I run throughout the city for nearly two hours, non-stop. My determination, strength, and will have become stronger as the years have passed by. I gained a purpose for running and this is what always keeps me going; I run for the close people I have lost in my life. That is why I do not only run for myself, but for others as well. When I run, I want people to see what hard work is and how it pays off. I run to encourage people to always keep their head up in life and always thrive for the best. I am a living example that giving up is not an option. I want people in this world to know that each individual has the tenacity to achieve whatever is desired. As the old cliché goes, “If I can do it, so can you.”

Running has helped me achieve many goals in life; ergo, I will continue to pursue goals and become someone exceptional. Whenever I have felt sad or stressed out, I go on a run. At the end of every single run, I tell myself “I am great and I will be successful.” Those are words that help me continue. The act of running is my own way of life. It is what guides me to the right path. Running has always determined how much valor and belief I have in myself, but because I have never abandoned my goals and purposes, I know I am a remarkable human being. Running has made me the talented, young man I am to this day.

Running has led me to gain a passion for self-discovery and pursuing life’s great mysteries. This is why I want to pursue a degree in Broadcast Journalism. As a journalist, I will be able to tell “the story.” Similarly as a runner, I physically express my own life story. These

areas compliment one another in that it takes hard work and dedication, just like running. I am a person who makes it a point to work hard; to go beyond the minimum, even when it is not needed. Broadcast Journalism gives me the rush and excitement that I want to experience throughout my lifetime. I have worked hard throughout my high school years and I am eager to embrace the next stage- college. College is where I will be able to learn more about my desired journalism major, and continue to expand my skills at a much tougher level.

My life revolves around running and journalism. Running has helped me surpass the most difficult obstacles set in my life, and I aspire to become a broadcast journalist. I believe that life is what one makes of it, and I plan on living mine to the fullest, achieving everything I set my mind to. Sir Roger Bannister, first runner to run a sub- 4 minute mile, once stated, “We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves... The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, ‘You must not run faster than this, or jump higher than that.’ The human spirit is indomitable.” That spirit is what makes all human beings extraordinary because we choose to become unbeatable.

## **College of the Desert**

***Prompt: Part I: What has been your most fulfilling VOLUNTEER or COMMUNITY SERVICE experience? Part II: Describe that experience and how it made a POSITIVE DIFFERENCE for yourself and others.***

### Child Abuse Prevention

Offering safe places for children in harm’s way – this has been my most fulfilling VOLUNTEER/COMMUNITY SERVICE experience. One of the common (but effective) ways I have helped make a positive difference in this arena is to offer literature to families and encourage them to read a book about sexual abuse prevention to their children. The book teaches children that they have the right to say “No!” – and to alert a trusted adult about any suggestive or overt sexual advances.

Decades ago as a Midwestern mother of minor children, I deliberately identified and labeled child sex abuse as “off limits” and made “child abuse prevention” an open message and first priority in my immediate family. Together, we naturally developed a chain reaction to teach successive generations of children in our family their personal rights and to always report inappropriate behavior to their parents.

The volunteers with whom I am now affiliated in the Desert Cities of Southern California have created and actively manage SafeHouse, which offers children a safe place to rest and recover. I was on the SafeHouse advisory board for three years while we were gathering funds to build the SafeHouse.

SafeHouse has sheltered hundreds of children and guided them and their families through a program that helps break the cycle of abuse and resolve destructive, painful patterns. The recovery of each family is tracked for two years after first contact. For two years I served on the

board for Christopher's Club House for teaching children to protect themselves. SafeHouse and Christopher's Club House continues to reach out, grow and help those in distress.

For three years I served as a "Big Sister", or mentor, in the the Desert Cities' Big Brothers Big Sisters program. BBBS matches mentors and little siblings according to background. My little sister started performing better in school and became more organized and stable, partly as a result of the productive, nurturing time we spent together.

Throughout my recovery journey I have:

- \* Attended group survival sessions
- \* Started group sessions
- \* Recommended group sessions
- \* Worked "12 Step" programs
- \*Attended survival workshops
- \*Contributed to professional publications about child abuse
- \*Supported many others going through recovery
- \*Stayed alert to child abuse issues
- \*Been an advocate to children who have been abused
- \*Helped raise funds for child abuse advocacy
- \*Acted as a public relations officer for SafeHouse
- \*Forgiven those who sexually abused me
- \*Forgiven myself and realized I was not the cause of being sexually abused
- \*Prayed for protection of the innocent

Child Abuse Prevention is the number one cause on my priority list, and I continue to raise funds and advocate for the protection of children. I have been in recovery for decades and have helped many children and adults with their recovery along the way. I am now on track to earn Bachelor's and Master's Degrees in Art Therapy, a field of study which continues to bolster and enrich my recovery. I aim to achieve these degrees so I can use my credentialed practice as a source of inspiration in helping others heal, as I have been healed.

Art Therapy allows one to quietly recover by expressing one's feelings and 'losing one's self' in each project. In essence, this discipline allows one to become enraptured in a sense peaceful empowerment derived from creating works of art that rebuild and support one's self esteem through the aftermath of damage and injury caused by those who've played the role of perpetrator in their life. Indeed, the productive, nurturing application of my Art Therapy Degrees will make a "Positive Difference!"

## **Northland Community and Technical College**

### **Northland College**

*Prompt: Below is a quote from famous conservationist and author, Sigurd Olson. Please tell us,*

*in 500 -1000 words, what this means for you. While we will be looking at your writing ability, we're also interested in the skills, passions and diversity that you will bring to the Northland community. Sigurd Olson wrote: "A great many people – young people – come to see me, and ask me 'What is your hope for the world?' and I always answer them that hope for the world is in you. The whole world depends on you."*

To me, this is the most empowering thing anyone could ever hear. Realizing that the world depends on you and that the hope is within you is an incredible gift. Too often people blame their circumstances, lamenting everything they perceive to be an adversity. Too often they internalize these adversities and use them as an excuse: an excuse to settle for less, an excuse to act in a way you shouldn't, an excuse to live a subpar life. The thing to realize, however, is that excuses may be comfortable and safe, but they are easy, they are common, and they are nothing special. Instead they are an uninformed and often blatantly ignorant refusal to accept the responsibility that naturally comes with existence.

Jean-Paul Sartre put it well by saying in his lecture *Existentialism Is a Humanism* that the coward is "responsible for his cowardice. He is not like that on account of a cowardly heart or lungs or cerebrum, he has not become like that through his physiological organism; he is like that because he has made himself into a coward by actions. ...A coward is defined by the deed that he has done." Cowards refuse to take responsibility for their actions and instead blame circumstance. They give up their freedom, and when you give up your freedom you can have no hope of ever doing something great, of doing something lasting and impacting.

We as human beings are capable of great things, and examples exist all around us. Travelling into outer space. Sculpting. Deep-sea diving. Running marathons. Writing poetry. Scaling mountains. Saving lives. And the thing is that every single one of us is capable of great things. We have individual circumstances just as Elvis had his, just as Martin Luther King Jr. had his, just as Napoleon had his. These incredibly influential men were aware of their circumstances and their abilities and they made a choice to act, to influence, and to endure. To hope. That ability, the ability to choose your actions and mindset in any variety of situations is something we must value, treasure and always hold dear. It's something we must never give up. That freedom to hope is what spurs on the course of history and the evolution of mankind.

So when Sigurd Olson says the hope for the world is in us, he is acknowledging that power held by every single human being. He is bringing attention to something that is so often overlooked; a trait that is highly underestimated. We hold in ourselves the power to make choices. This power of choice is something we are born with no matter our circumstances, and millions of choices every day are not fully recognized. They are made, but they are not made deliberately. The more that people realize just what they can accomplish, just how easily they can change their life, the more modern civilization will reflect the glowing potential for greatness harbored in each of our souls, our hearts, our minds. The knowledge and ownership greatness will be the individual's buoy in a hurricane. That greatness is the ultimate hope for humanity.