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I am driven to make a significant difference in this world, I am passionate and determined to help people in anyway I can. There can be very little compassion from people, so I want to do something to change that. I want to go to college for clinical psychology and be an officer in the military. Once I have my degree I'll help people who are struggling with trauma, PTSD, anger, and much more. Military men and women are brave and sacrificial people. They care immensely about their country. So I want to care immensely about their mental health. I will make sure that even after they retire from the army they can be happy, healthy, and continue to have loving and healthy relationships. After serving in the military as a clinical psychologist for 10 years, I want to expand and start my own practice. I want to help people all over Colorado. Mental illness is hard for some people to talk about, let alone to go and get help for, but in my practice it'll be a priority to make sure they feel welcomed. With all of my power and knowledge I'll never rush to diagnose a patient and I'll make sure they are diagnosed properly and attentively. When I hire people for my practice I'll make sure that they are passionate about helping people and they have the right intentions. I am going to help as many people as I can in my lifetime. In order to live a healthy life you have to have a healthy mind.

I saw a loved one go through PTSD and it began to affect his 20 years of marriage. He didn't want to get help but his wife really wanted him to get help. The reason why he never got

help is because he felt like it was the strong thing to do, but it wasn't. The divorce became inevitable. After awhile he broke the stigma that he could deal with this issue by himself. He went to therapy and things gradually got better. He became a very loving man, he lives a happy life. He's able to hold healthy relationships and his communication is stellar. I want to help people who are in that situation. To go and get help from a professional is the best thing you can do for yourself, it's not weak, it's knowing that you can't tackle this issue alone. You are putting your health first, and that's the most loving thing you can do for yourself.

I, Tivian Chambers, have made a promise to myself. Once I get this psychology degree I'll help as many people as I can before I'm gone. This drives me to do the best that I can in school, I need to get the best possible education in order to be through in my practice.