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What Drives Me

Unlike most, I for one had a difficult time finding what I was passionate about and what really drove me. For the longest time I thought something was wrong with me and I strived to find something I was passionate about. The older I grew the more I started to realize what really piqued my interest. I was certain that I wanted to pursue a career in order to help people. This was sparked when I took my first class in Psychology.

The moment I took my psychology class I knew this was the right direction for me. Learning psychology didn't only expand my knowledge on the world and the variety of minds around me but it also gave me a broader insight on how misunderstood this field of study was. During my years of high school, I started to notice how many people suffered mentally and how it would go unnoticed. I noticed this specifically after the years of the COVID-19 quarantines. People I knew as once happy, and outgoing began to act differently towards life and even with their academic performance. This intrigued me greatly and I decided to take initiative. I contacted teachers asking them a variety of questions ranging from how the students' attitudes varied from pre and post COVID isolation to how grades and test scores significantly dropped since the beginning of COVID in 2020. I knew that the education system was the same but the significant change in the students' performance was due to the psychological changes experienced after an extended period of isolation. I got permission to hang up mental-health help contact information around the school. I would do presentations in classes on the importance of mental health. I passed out flyers and formed a student group that were also concerned with mental health as much as I was. The group would ask students questions on how they viewed mental health and the stigma they faced. We later shared their anonymous opinions with school officials.

I was astonished that I could make this kind of impact on my community that has given me so much. Growing up as a New Mexican and being a minority to the rest of the country has shown me the importance of reaching communities in need. I hope to further my help and education by pursuing this career in college. I want to follow my passion in psychology and work for a degree in social work. It would be a privilege to be able to represent my community and help people who don't always have access to mental health professionals. This is what drives me to continue on my path and reach my goals of normalizing psychological aspects and guidance to parts of the community in need, and later joining with state leaders and psychology professionals to discover new ways to improve our community in schools, workplaces and in New Mexico citizens as a whole in order to make a positive difference.