

Jose, Arredondo

12th Grade

Timberline High School

Idaho

### What Drives Me (Jose)

Ever since I can remember, I have always wanted to be a Doctor, whether that be a surgeon or neurologist, etc. I took many health related classes, for example, Fundamentals of Health Professions or Anatomy and Physiology. In my junior year I decided that I wanted to take an AP Psychology class because it reminded me of how I had suffered through depression and anxiety when I was young. I was mentally weak. After being yelled at by a teacher and made fun of by that same teacher in front of my own classmates, I was left crushed. I didn't want to go to school; my love for school fell apart. Until I was finally taken out of the class and put into a class with a much nicer teacher. This left me scared to meet new people, scared to do sports, and scared to try new things. I felt like a failure, a loser and a weirdo. Beginning in Junior High I started to accept myself a lot more. I became a lot more confident and happy and positive, especially with all the teachers being so kind to me, I knew that I had nothing to fear, and therapy had been a major help. I eventually became very upbeat and outgoing. I found it easy to talk to people and get to meet new people and talk to my teachers and I knew how to make others happy, because I never wanted others to have to experience and feel the same way that I did when I was younger. This drove me to take AP Psychology and although my grade for the class was not the best, it made me truly know that I loved Psychology. This initiative to decide to

take my first ever AP class, drove me to know that I wanted to study Psychology in college, and it even made me realize that I wanted to become a Psychiatrist, I wanted a Medical degree. My family drove me to be the very best I can and show the world that a Hispanic male who didn't grow up with a lot of money can do wonders and become such a big person in this world. My youngest brother has many cognitive problems and it drove me to study and research mental disabilities how different lobes of the brain work and what areas of the body they focus on. What drives me to be a good student, a good son, a good person, is the experience that I have had, and the family that I have supporting me through it all, and the community that I have built around myself.