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12th Grade

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What Drives You?

My life aspiration is to become an occupational therapist to provide others with more life in their days. This aspiration is driven by my everlasting desire to help others, personal connections, and my academic drive. I have always known that I wanted to pursue a career related to health and wellness, and reconnecting with my past experiences in occupational therapy, along with discovering my new ties to it, has only clarified this.

My drive to help others will be vital in my future career. Throughout high school, I have volunteered in my community for over four hundred hours. These hours consisted of tutoring, teaching preschoolers, sports camps, retirement homes, campus clean-up, etc. Knowing I can help others in any way is so fulfilling and provides so much joy in my life. Some of my favorite experiences have been through my teaching at my high school's preschool, which has allowed me to become familiar with teaching fine motor skills, a focus in occupational therapy. Part of the preschool curriculum is teaching students how to write correctly, use scissors, etc. I've realized that I have the patience to teach these skills and my love of seeing the excitement in their faces as they realize they are completing tasks correctly. The potential of working with such

a diverse set of patients also provides me with so much excitement, whether I'm working with the elderly, disabled, or youth. I know it will be so rewarding to help so many people in my community.

Several of my family members also struggle with muscular dystrophy, which is a disease that causes muscle weakness. They have many physical limitations, which cause them to become wheelchair-bound. Their arm and hand muscles are also heavily affected, limiting their living skills, requiring caretakers. As I grew up, I learned about their occupational therapy experiences that have allowed them to maintain their hand dexterity to complete simple tasks like using utensils. It is truly astonishing how heavily this affects their lives in ways the ordinary person would never even think about. Observing their physical challenges has helped me value the importance of this career and once again drives me to help others who are going through similar circumstances.

Throughout high school I've maintained a 4.0 GPA while still taking my school's most rigorous courses. My parents have instilled my passion for furthering my education since I was very young, essentially creating my love of learning. I've always thrived in school and have found joy in it. This will be essential to my pursuit of occupational therapy, as it requires extensive education. With my drive to help others, personal ties, and academic drive, this career is attainable. With utilization of my drives, I will attend the University of Utah with a major in biology, then I'll obtain my master's degree in occupational therapy in hopes of providing others with more life in their days.