

I have contributed to others through four main avenues that have been life-changing for me and hopefully for those I helped. Last year, I completed a 236-hour college-level class to become a certified Emergency Medical Technician (EMT). As a certified EMT, I volunteer for weekly six-hour ambulance shifts. I have been called to an array of patients, from a 90-year-old man whose catheter detached to a 26-year-old cognitively impaired man who suffered a seizure and fell face-first into the pavement. Of course, I helped administer medical care to these patients, but what I find the most rewarding is comforting distressed patients on the worst days of their lives.

In addition to volunteering on the ambulance, I am a member of the Greenwich EMS Explorer Post, an organization that has weekly meetings and holds regular events in the community to educate children about emergency medicine. Through my participation, I have become a "crew chief," a position that involves leading a group of high school students weekly on lessons relating to the medical field. Additionally, I plan to become treasurer next year and raise much-needed funds for the organization. My contributions to Greenwich EMS have amounted to over 127 hours.

These experiences have inspired me to help those who are less fortunate. Through an organization called Gigi's Playhouse, I volunteer to tutor a teen with Down Syndrome and autism. Each week I help him learn simple math concepts such as numbers and shapes, as well as develop conversational skills. Most importantly, we have established a special bond, and his mom reports that he looks forward to our sessions each week. This has been one of the most challenging and rewarding experiences of my life.

My desire to help others also led me to orchestrate the collection of \$16,000 worth of medical supplies from an organization called Afya to donate on a recent school trip to Senegal. Upon arrival in Senegal, we delivered these items to a rural village clinic where the medical team thanked me for helping save lives. I am committed to ensuring that this contribution continues each year and am in the process of organizing it for this year.

Each of these volunteer experiences have shaped me into the person that I am today, and I have learned so much. I have realized how rewarding helping others can be, and how small commitments can truly impact one's life. I will remain committed to my community service involvement in order to reach as many people as possible.