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Over the past 4 years, I have engaged in much community service and volunteering, learning new skills, and helping the community as I have progressed in my role as a power for good. Although I have taken part in many different community service and volunteer opportunities, there are two that I believe summarize who I am as a person and as a leader, and show how I help my community. These two things that stand out most are ACEing autism and EMT work. These services have allowed me to become a better person, develop greater compassion for the world and the people around me, and help those in need.

ACEing Autism is a national nonprofit that helps kids with autism learn how to play Tennis. Originally, when I was 12 years old, I started volunteering at ACEing Autism as my Bar Mitzvah project. However, after only a few weeks of volunteering at the Port Washington chapter, which was an hour away from me, I decided to start up the Westchester chapter of ACEing Autism. After extensive work with the non-profit's leaders in California, I finally got it started. Over the past few years, I have run the Westchester chapter, where I have successfully recruited around 100 volunteers and 30 students who show up weekly to participate in the sessions I run. I manage the Westchester ACEing Autism online portal and email account, volunteer recruitment, participant registration, and the organization/running of our weekly hour-long sessions. These sessions give kids with autism across a wide spectrum, from high-functioning to non-verbal, the opportunity to learn a new skill and release energy through fun gameplay and instruction. Over the countless hours I have spent organizing and running this program (exceeding a few hundred if I include off-court work), I have learned so much about the neurodiverse community and have thoroughly enjoyed putting a smile on these kids' faces each week as I get to play tennis with them. I look forward to Sunday nights, as they single-handedly make me feel accomplished, giving me pride in knowing that I get to help this community in such a meaningful way and make a strong impact on these children.

Recently, I began an extensive program that will certify me as an EMT. Through the MissionCIT program, I am taking a 150-hour course over 12 weeks, which includes five in-person eight-hour skill courses, bi weekly 2 and a half hour zooms, 60-hour-long homework each partnered with a quiz, and multiple days working on an ambulance as an EMT or in a hospital assisting a patient care technician. My goal here is to pass the NREMT and become an EMT. With this certification, I plan to get a job as a volunteer this summer, where I can work as an EMT as much as possible, helping others while learning about the life of someone working on an ambulance. On February 15, I had my first clinical hours, where I worked an eight-hour shift at a hospital in Bridgeport, Connecticut. I walked in expecting a hard day of work and walked out after an unimaginable eight hours of constant movement and pressure. Though stressful, I found joy in this work, helping patients. Early in the day, an older man was brought in who presented with shortness of breath and general weakness. This gentleman was accompanied by his daughter and son-in-law, who both seemed very on edge and stressed. Background history revealed he had many medical issues that had to be taken into account while evaluating him. This patient, in particular, took up much of my attention during the day. His initial test results were not encouraging as they showed levels that highly indicated a heart attack or some other major heart problem. On the third or fourth time I went in to talk to this patient, his daughter began to talk to me. She was curious about what I was doing working in a hospital, as I am only 16 years old. She talked to me about her 17-year-old son, and while I continued to help her father, we had a conversation about how teenage boys have "weird" hair

these days. I believe that this simple conversation that I had with this man's daughter helped both her and her husband feel a little less on edge and more comfortable. After this conversation, I continuously checked in on not only the older gentleman but also his family, as I believed I had the obligation not only to physically keep the older man healthy but also to mentally and emotionally support him and his family. This patient, along with the countless others I encountered and assessed that day, all had different presenting issues. Still, I learned that in order to provide great care, you cannot only physically help your patients, but it is also important to emotionally help them get through their tough times.

My volunteer work over the past few years has made me a stronger friend, son, and student. It has allowed me to grow tremendously in many ways, and through my commitment to helping my community, I continue to learn many new things about the world and people around me.