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Award Selection Committee
Foundation for the Advancement of Health Education (FAHE)

Dear Selection Committee,

I am writing to express my desire to be considered for the Dr. Mary K. Beyrer Graduate Student Scholarship Award. The defining moment in my professional career came when I was introduced to the concept of Public Health. Instantly intrigued concerning this avenue of helping others, I saw the many possibilities beyond the traditional scope of nursing. Working within this area, I began visualizing the many ways I could assist others by focusing on prevention of illness and promoting healthy lifestyles through education. This was the catalyst of launching a career in Public Health and has stirred my passion to empower individuals and communities and therefore, break generational cycles from years of miseducation. I am currently a School Based Public Health Nurse for Wake County School System. In my role as School Nurse, one of my primary assignments through case management, is to provide coordination, and connect students and staff to resources focusing on creating healthier students utilizing the Whole School, Whole Community Whole Child (WSCC) model. Ultimately, my goal is to become a Director of Nursing in a community health setting focusing primarily on women and children.

As a Public Health Professional, I have had to consider this profound question - What good is it to have outreaches and educational tools, but have a community be unaware of these necessary resources? I believe it is essential that learning barriers be torn down, and individuals

be equipped with the necessary educational tools, and connect them to community resources so lives can be changed. I volunteer as a nurse health educator for Students Committed to Retaining Unlimited Bedside Skills in Health Care Program (SCRUBS), a program that engages high school students at Northeast Guilford High School located in McLeansville, NC with an interest in healthcare. I also serve as a volunteer for the Positive Direction for Youth & Families (PDY-F) non-profit grant writing team. Formerly, while serving as Nurse Supervisor for Wake County's Northern Regional Clinic, I facilitated the launching of the Breast Support peer group. Some of my most fulfilling moments came from being able to serve at the NRC's on-site weekly food bank during the initial peak of the COVID-19 pandemic.

My personal tagline is, "If I can help somebody along the way, then my living shall not be in vain." I believe in empowering, encouraging, and educating individuals and communities through word and by example. As Helen Keller once stated, "the only thing worse than being blind is having sight but no vision". As public health workers and educators we must never lose the vision of this profession which I believe is to improve the health outcomes of people and their communities. As a health educator, I feel that it is imperative that we be seen leading and paving the way to promoting better health outcomes. I believe these actions are best exemplified through my service with the PDY-F, Inc. Even amid a worldwide pandemic, I have continued to volunteer as a member of the food pantry team, with the most recent event being our Thanksgiving food give-way. Through this means of giving, we were able to provide boxes of food and gift cards for meats to over 70 families in the Greensboro community, who are suffering from food insecurity.

As a public health professional, I believe it is critical that I remain a member of professional organizations that support local health education, advocacy, and capacity-building efforts. In my

academic journey, I have had the pleasure of serving in the position of secretary for the local Alpha Nu Chapter of Eta Sigma Gamma at the University of North Carolina Greensboro (UNCG). In this role, I am the go-to person, because I enjoy taking the time to engage with faculty, and staff and students in other academic programs. I was invited to be a guest panelist speaker, representing the MPH program for UNCG on November 13, 2020. I also am a member of the Kappa Omicron Nu National Honor Society. For my professional memberships, I am a member of the North Carolina Perinatal Association and the North Carolina Public Health Association. I annually attend the North Carolina Public Health Association's conferences and was chosen to be the 2019 recipient of the Joy F. Reed Public Health Nursing Leadership Scholarship. This year, during the fall NCPHA virtual conference, I served as a judge for the 2020 Research Podium presentations.

I believe that education is the key to success but being able to further educational aspirations come with a price. Being selected for this scholarship would allow me the opportunity to pursue my passion of pursuing a degree in the public health education program while helping to alleviate the burden of accumulating student loans. With my future Master of Public Health with a concentration in Community Health Education degree, my post baccalaureate certificate in Workplace Wellness, combined with my passion, drive, and commitment to saving communities will allow me to be an advocate and leader on a greater platform to address health deficits.