

# **1. Volunteer / Community service**

## **Organization, group or program name**

The Miracle League of San Diego

## **Organization, group or program description**

The Miracle League of San Diego exists to provide opportunity and inclusion for special needs athletes to participate in an organized baseball league.

## **Description of volunteer experience**

I have mentored a player with autism, Izzy, for eight seasons. My role as a buddy and coach has included over 200 hours of supporting, coaching, and building relationships with special needs athletes. What started as a volunteer opportunity has developed into deep friendships with these players and their families.

## **Grade participation**

9th grade

10th grade

11th grade

12th grade

## **Time commitment**

2.0 hours per week

20.0 weeks per year

## **2. Work experience**

### **Company or organization name**

Renova San Diego

### **Company or organization description**

Female owned non-profit that is passionate about the restoration of health and wellness, and providing quality therapy services to individuals in San Diego. Fourteen clinicians offer a sliding scale fee structure to make services accessible to all.

### **Job title**

Intern/ High School Outreach Coordinator

## **Job responsibilities**

As an intern, I coordinate meetings with district and school based staff, co-create Memorandums of Understanding with high school Principals, create and assess student need through surveys, and implement mental health groups for students in conjunction with school based and Renova staff.

## **Grade participation and time commitment**

12th grade

During school year 7.0 hours per week

During summer 10.0 hours per week

## **Currently working at this job**

Yes

Start Date: 06/2025

## **3. Extracurricular activity**

## **Activity name**

Competitive Club Soccer

## **Activity description**

From the pivotal role of Center Back for the Girls' Academy San Diego Soccer Club Surf 2008 team, I compete at the highest level of girls' soccer, and orchestrate movement of all field players. As a veteran member of the team, I mentor new players and provide support to teammates as they acclimate to an intense environment.

## **Grade participation**

9th grade

10th grade

11th grade

12th grade

## **Time commitment**

12.0 hours per week

40.0 weeks per year

#### **4. Volunteer / Community service**

Rancho Bernardo High School Peer Counseling

##### **Organization, group or program description**

Peer Counseling is a dedicated group of students who offers on-campus mental and academic support to students in need. We also engage in multiple outreach and community service opportunities in the surrounding area.

##### **Description of volunteer experience**

I have provided over 50 hours of peer tutoring in Spanish and Math, both on and off campus. As a trained mediator, I help negotiate peer conflicts and work with involved parties to arrive at a mutually beneficial resolutions. As a school ambassador, I also welcome and acclimate new students.

##### **Grade participation**

11th grade

12th grade

## **Time commitment**

2.5 hours per week

36.0 weeks per year

## **5. Work experience**

### **Company or organization name**

Office of Dr. Lisa Palmer-Olsen

### **Company or organization description**

Dr. Lisa Palmer-Olsen is the Co-Founder and Executive Director of Renova San Diego. She is a Licensed Marriage and Family Therapist, known throughout mental health communities for her work in Emotionally Focused Therapy with Couples and Families.

### **Job title**

Administrative Assistant

## **Job responsibilities**

As Dr. Palmer-Olsen's assistant, I direct office operations, manage email communication to enhance client experience, and create social media campaigns for outreach efforts. In this fast paced work environment, I am constantly multi-tasking, collaborating, and efficiently completing both assigned tasks and those I take initiative to accomplish.

## **Grade participation and time commitment**

12th grade

During school year 7.0 hours per week

During summer 8.0 hours per week

## **Currently working at this job**

Yes

Start Date: 06/2025

## **5. Work experience/Personal Business**

## **Company or organization name**

The Daily Bread Sourdough Company

## **Company or organization description**

The Daily Bread Co. is a kitchen run bakery that works hard to provide quality artisan loaves to all customers. All goods are made in-house with love, care, and passion for the art of baking and spreading warmth through food.

## **Job title**

Founder/Baker

## **Job responsibilities**

As Founder and Baker of this business, I communicate with consumers, organize orders, calculate revenue, review sales trends, and bake dozens of loaves through the laborious yet authentic 24 hour Sourdough process.

## **Grade participation and time commitment**

12th grade

During school year 16 hours per week

### **Currently working at this job**

Yes

## **6. Volunteer / Community service**

### **Organization, group or program name**

California Scholarship Federation

### **Organization, group or program description**

CSF is a statewide academic honors organization promoting scholarship and community service for high schoolers. CSF recognizes outstanding academic achievement and encourages its members to engage in volunteerism. .

### **Description of volunteer experience**

As club Treasurer, I manage the club finances including: club fees and merchandise, fundraising and outreach events, and cost of needs and activities. I also co-lead biweekly club meetings, as well as service projects at schools, churches, and local non-profits. As an active member for all of high school, I will be a Sealbearer at graduation.

## **Grade participation**

9th grade

10th grade

11th grade

12th grade

## **Time commitment**

2.0 hours per week

36.0 weeks per year

## **7. Volunteer / Community service**

## **Organization, group or program name**

National Honor Society

## **Organization, group or program description**

National Honor Society is a high school organization that recognizes outstanding students for "excellence in Scholarship, Leadership, Service, and Character." Students maintain a high GPA while volunteering and being positive leaders.

## **Description of volunteer experience**

As a member of NHS for all eligible semesters of high school, I have taken a rigorous course load and maintained a high GPA. I have dedicated multiple hours to community service and have led students in activities on and off campus. NHS's emphasis on character is especially important to me as I strive to be a change maker of high integrity.

## **Grade participation**

10th grade

11th grade

12th grade

### **Time commitment**

2.0 hours per week

36.0 weeks per year

## **8. Volunteer / Community service**

### **Organization, group or program name**

Girls Rising Above Childhood Exploitation (GRACE)

### **Organization, group or program description**

Girls Rising Above Childhood Exploitation (GRACE) serves trafficked, exploited, and at-risk youth throughout San Diego. GRACE seeks to empower and support individuals as they transition to a more stable and secure life.

### **Description of volunteer experience**

As a respite care provider, I entertained and kept safe the children of young mothers who had experienced and survived sex trafficking and exploitation. Knowing that their children were being diligently cared for allowed these women to attend therapeutic groups to address the trauma of their past.

## **Grade participation**

10th grade

11th grade

## **Time commitment**

3.0 hours per week

5.0 weeks per year

## **9. Extracurricular activity**

### **Activity name**

Rancho Bernardo High School Varsity Girls' Soccer

## **Activity description**

I am a four year high school varsity letter earner and was named Captain for the 25-26 season. I lead my team through example, positivity, discipline, dedication and inclusivity. I helped lead the team to the title of League Champions last season and won the Scholar Athlete Award for highest grade point average on the team.

## **Grade participation**

9th grade

10th grade

11th grade

12th grade

## **Time commitment**

10.0 hours per week

15.0 weeks per year

## **10. Volunteer / Community service**

### **Organization, group or program name**

Night To Shine- The Tim Tebow Foundation

### **Organization, group or program description**

Night to Shine is an annual worldwide prom event for individuals with special needs. "Honored Guests" are celebrated as crowned kings and queens, given the red carpet treatment, and are paired with volunteer buddies for a night of dancing.

### **Description of volunteer experience**

I have had the honor of providing special guests with a night to remember for several years. As the paired buddy, I have been responsible for feasting, dancing, taking pictures, and often trying to keep up with my "crowned kings." I have sought to make guests feel special and included in the amazing teenage ritual of prom.

### **Grade participation**

9th grade

10th grade

11th grade

12th grade

### **Time commitment**

3.0 hours per week

1.0 weeks per year

## **11. Award or honor**

### **Name of the award or honor**

CIF Scholar Athlete Award

### **Level of recognition**

School

## **Type of award**

Academic

## **Grade level when awarded**

11th grade

## **Award requirements**

Awarded to the athlete with the highest semester grade point average on the varsity level team. Only one player is selected per program.

## **What you did to earn award**

I earned the highest GPA of all players on my team as I balanced maintaining academic excellence while performing on the field during high school soccer season. I dedicated an extensive amount of time to winning this award as my schedule consisted of late nights of study to ensure I kept my grades high after countless hours on the field training.

## **12. Award or honor**

## **Name of the award or honor**

Silver Star Award

## **Level of recognition**

School

## **Type of award**

Academic

## **Grade level when awarded**

9th grade

10th grade

11th grade

12th grade

## **Award requirements**

Recipients are chosen if they maintain a 4.0 or higher for all semesters.

## **What you did to earn award**

In order to achieve this award, it took a tremendous amount of hard work and discipline. I have maintained a 4.0 or higher GPA every semester of my high school career while balancing competitive soccer, extensive volunteer work, two jobs, an internship, and high school soccer.

## **13. Award or honor**

### **Name of the award or honor**

Miracle League Outstanding Service Award

### **Level of recognition**

City

State

Regional

## **Type of award**

Non-academic

## **Grade level when awarded**

12th grade

## **Award requirements**

This award reflects long term, consistent impact with the Miracle League of San Diego. Recipients are nominated by team coaches.

## **What you did to earn award**

I have been a mentor and buddy for Miracle League since middle school and have created deep relationships with athletes, spending countless hours both on and off of the field with them. My impact has not been confined to Saturday games, but has expanded into non-baseball gatherings. My goal has been for individuals to feel very seen and cared for.

## **14. Award or honor**

### **Name of the award or honor**

AP Scholar

### **Level of recognition**

National

### **Type of award**

Academic

### **Grade level when awarded**

11th grade

### **Award requirements**

Recipients are awarded AP Scholar if they receive a score of 3 or higher on three or more AP exams.

## **What you did to earn award**

I have taken multiple AP courses and received a 3 or higher on all AP exams. I plan to take three more AP exams in the Spring.

## **15. Volunteer / Community service**

### **Organization, group or program name**

Rancho Penasquitos Recreational Soccer

### **Organization, group or program description**

PQ Recreational Soccer provides youth with the chance to grow their leadership skills, grit, problem-solving abilities, and teamwork as they tackle low-stakes soccer games. PQ Rec Soccer helps develop young players to prepare them for the next level.

### **Description of volunteer experience**

I coached and mentored a soccer team of eight year old girls. In my role as coach, I taught developmental skills, how to listen to teammates, conflict resolution, and how to persevere in tough circumstances. I acted as a role model to these girls and tried to impart lessons of acting with integrity and always treating others with respect.

## **Grade participation**

12th grade

## **Time commitment**

3.0 hours per week

15.0 weeks per year

## **16. Work experience**

### **Company or organization name**

Referee for Youth Soccer

### **Company or organization description**

I am a paid referee for both recreational and competitive soccer programs. Youth soccer is a huge industry in San Diego and competent referees are essential to keeping the standard of play high and ensuring an enjoyable experience for players.

## **Job title**

Referee

## **Job responsibilities**

As a referee, I am the ultimate authority on the soccer field. Being a youth referee requires knowledge of the game, patience with players and coaches, the ability to handle high conflict situations, and the strength to stand up to and correct over zealous parents. I must have a command of the field to ensure safe and enjoyable play.

## **Grade participation and time commitment**

9th grade

During summer 2.0 hours per week

10th grade

During school year 2.0 hours per week

11th grade

During school year 2.0 hours per week

12th grade

During school year 2.0 hours per week

During summer 2.0 hours per week

## **Currently working at this job**

Yes

Start Date: 06/2023