

Douglas Sample

Essay for Scholarship Application

What Being Tall Means to Me

Being tall is an honor and a privilege. I come from a family where most members are moderately tall, but at the young age of 16, I reached an amazing height of 6'5". My height quickly changed from age 14 to 16 years old. I went from just a little taller than my peers to a huge 8"- 10" taller than everyone around me. I had to learn how to embrace the height and not feel as if it was a flaw in myself. I decided to view this unique quality as a positive trait and use it to my advantage while also helping others.

I am a very athletic person and being tall has helped me throughout my high school sports journey. It had become a natural advantage to see over everyone on the football field and to rebound and jump over all of my peers on the basketball court. I try hard to use my height advantage to help myself and my team and not to make others look or feel bad in the process. My height makes me a more confident person, and I attack all potential problems head on and figure out how to best work through them. I think another advantage of being tall is my ability to adapt socially. I find that I am eager to make friends, talk to others and I am not afraid to ask questions. I have great social skills and together with my outgoing personality, being tall is a contributing factor too how I view the world and the people around me. I have also been told that being tall is a health benefit. I work hard to stay in shape and eat healthy. If there is any truth in the studies completed on tall people, I hope that together with diet and exercise, I have an increased chance of living a long, prosperous, healthy life.

My height is exciting for younger kids. I have lots of younger cousins and know many younger kids in the community. I often see kids at the little league fields and at community events. I always see them staring at me and bashfully looking away, showing signs of intimidation. I make it a point to get down on one knee and talk to them, offer a high five and just ask simple questions so they can see I am just a normal, older kid that they can look up to. I love to engage our youth and give encouragement. It makes me smile to know that I could have just made that kid's day and maybe I could be a positive role model for any younger boy or girl.

There are so many advantages of being tall and I choose to embrace them all. I like to highlight the positive impact that my height can have in all aspects of my life. I love being tall and I feel that it is a feature to be celebrated and honored. Although it was not a trait that I chose, it was a gift that I was given. I hope that all people, no matter the gift they have been given, will choose to embrace their unique qualities and figure out how to impact our world in a positive manner. We don't have forever to make our mark in this lifetime; I choose to step up and make an impact as soon I can.