

Form Summary

Name	Michelle Jennings
Email	m.jennings0014@gmail.com
Phone	708-378-3432
Birth date	06/09/2003
Age	19
Please Check All that Apply:	African American/Black
High School:	Hillcrest High School
High School Mailing Address:	
High School Guidance Counselor:	
High School Contact Phone #	
GPA:	
Class Rank:	13
Graduation Date:	05/2021
College Name:	Missouri State University
Intended Major/Field of Study:	Psychology
Church Name/Pastor (if member):	Victory Cathedral

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Community Service and/or Extra Curricular Activities (if any):	COJ Family Life Center: 2018-2020 ● Make-A-Wish Foundation: 2019 ● Heaven Scent LLC: 2020-present ● 2019 Elections: 2019 candidates ● Allstate 5k/15k: 2017/2018 ● Multicultural Resource Center 2021- Present ● Castaway Animals Rescue Effort 2022 ● Ozarks Food Harvest 2022 Extracurriculars ● Volleyball 2017- 2021 ● Leadership Club 2017- 2021 ● Key Club 2019- 2021 ● Softball 2017-2020 ● Association of Black Collegians ● NAACP 2022
Honors and Awards (if any):	National Honor Society
Please list below the names and amounts of any grants or scholarships you have been awarded for the coming school year: Name of Award: Amount: Granted/Pending:	Pell Grant 5,645 Granted

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Please share your educational and career goals/aspirations and how you plan to move toward greatness:

When I imagine myself immersed in my career field, I often very generally see myself helping others. The field of Psychology is many things, but for me, I view it as an opportunity to be an agent of change within my own community. A while ago, I learned of the percentage of African American Psychology and this was disheartening to say the least. During a meeting of one of my current organizations on campus, NAACP, the topic was mental health stigmas within the black community. Throughout the duration of the meeting, I observed and learned that most, if not all, of my peers have heard some negative connotation around going to therapy and talking about their mental health. When asked how they feel about it, most agreed with one of two responses; Therapy is not affordable for us and there are very few therapists that look like me. They did not feel comfortable talking about their trauma and mental health with someone who doesn't share the same experiences. I can say I have felt this way as well. As a young adult going through the changes that come with adulthood, I too find myself needing to unload and work to turn the stress into something positive.

As I reflect on my own relationships, I notice an unhealthy pattern. My generation tends to shy away from these difficult conversations and bury our emotions. We pretend, and plaster a smile that fades just as quickly as the effects of the drugs.

I will become a solution to this growing issue. My goal is to continue to gain the necessary knowledge throughout my undergraduate and graduate career to create a safe space for individuals to work through their trauma and increase their mental health. I am driven by the amount of young adults I see suffering in silence because they do not feel heard. We have opened the news or social media too many times to a headline announcing another young person taking their own life, followed by a pinned message of them releasing the words they felt they couldn't before.