

Student Athlete Testimonial:

I was at the point in my college search where I didn't even know where to look next; I felt lost to say the least. I had just discovered the school I thought I was going to end up at was not the right fit for me when I visited. I was pretty devastated and I felt the pressure to make a decision. I was about a month into senior year when these events unfolded and I realized I needed to reevaluate my priorities and that was something Mrs. Lee helped me see and do. I thought I wanted to go D1 and I was so caught up on that image that I was missing the big picture. She simply asked me, "Why do you want to go Division 1?" I honestly struggled to answer it at first because in my head I was thinking, *well D1 is D1, you know?* Thinking harder, I said, "I feel like it shows my hard work and I want to compete at that level and reach my full potential." I sat down with Mrs. Lee and she explained the difference between divisions and how I can accomplish my goals at any division because college is the next level. She told me about how the hard work does not stop and going D1, D2, or D3 does not make you any less or more. I was stubborn and didn't acknowledge that if I found the right program for me that's where I would reach my full potential, no matter the division. I needed to find the place where I feel most at home. She asked me a number of questions for me to direct my search towards, what were non-negotiable factors. She even did her own research and came up with a list according to the factors at hand. One of the first schools she listed is where I have decided to attend. I am going to Lebanon Valley College where I can make an immediate impact on the cross country and track teams, pursue my doctorate of physical therapy in an accelerated program, stay reasonably close to home, and most of all feel at home even when I am away. I was able to adjust my mindset toward knowing that I will end up where I am meant to be and I need to do what is right for me.