

Applicant B

Ahmed Joseph – Antioch High School

Joseph entered the room confident and introduced himself immediately.

1. Tell us about yourself

I have been very lucky to have a supportive family. My family immigrated from Somalia when I was young to give me a better life. I hope I have made them proud.

2. Can you tell us about a challenge you've faced and how it shaped who you are today?

During high school, I lost both of my grandfathers and two uncles in a short period of time. That loss affected my mental health and my focus in school. Over time, I remembered the values they taught me—perseverance, discipline, and doing my best. I used those lessons to refocus on academics and activities, and I've maintained honor roll status since then.

3. What motivates you to pursue higher education?

I'm motivated by the goal of becoming a first-generation college graduate. I want to build a new legacy for myself and my family, and honor the people who supported me throughout my life.

4. How have sports influenced your personal and academic development?

Sports have been a huge part of my life. Football and track helped me cope with stress and stay disciplined. Being a Weight Room Captain taught me leadership, accountability, and how to motivate others, which also carried over into my academics.

5. How did you turn things around academically during a difficult time?

I changed my habits by studying more, finishing homework earlier, and asking teachers for help when I needed it. I also replaced distractions like video games with more productive routines. Those changes helped me stay on honor roll through all four years of high school.

6. Why are you interested in majoring in Kinesiology?

My involvement in sports sparked my interest in how the body works and how movement supports both physical and mental health. Kinesiology connects directly to my experiences and my desire to help others improve their quality of life.