



THE UNIVERSITY of NORTH CAROLINA
GREENSBORO

TRiO
STUDENT SUPPORT SERVICES

VISIONS OF SUCCESS - KATHRYN ESSIG

Kathryn Essig is a Nursing major at the University of North Carolina at Greensboro. After graduation in 2014, Kathryn plans to pursue her doctorate in Nursing to become a Nurse Practitioner, focusing in cardiac and interventions.



At the Student Support Services, 43rd Annual Awards Event, held on April 16, 2013, Kathryn was asked to share her Success Story with her fellow SSS students, SSS Staff, the Dean of Undergraduate Studies, and Chancellor Linda Brady.

Her Success Story reads: “I have been given the distinct honor of speaking tonight about how to grow as a student and become successful. Although I stand to represent the image of a successful student, I also know that I am representing many of you who are equally as qualified as successful students. I hope to impart three challenges to you with the intent of inspiring you.

First, I challenge you to celebrate your opportunity of learning while you are here at UNCG as a student. A wise young man who was 15 years old told me when I started my educational journey to enjoy Biology and Chemistry. When this wise man spoke these words to me, he did not know how deeply I was struggling with acclimating to the demands of becoming an adult college student. The impact of his words led me to stop and think about the privilege of learning even though challenged. What would happen if each of us took each learning encounter and celebrated the opportunity as

an experience to learn something new and grow during the process? Now, I cannot imagine my life without Biology and Chemistry, as I am a Nursing student planning to graduate next spring. So celebrate your opportunity of learning and embrace it.

My second challenge is to take this moment and acknowledge your individual journey and how you have grown. Reflecting and feeling gratitude for life lessons will inspire and motivate you throughout your educational and professional journey, as well as in life. Just in case that might be hard for you to do, let me remind you of some common experiences we might have shared. Haven't we all had at least one course that we worried about and even silently entertained a thought about failing? What about those papers you have written that have surprised you, and the group projects that you have encountered even though you might have thought they were without purpose? How have they made you grow? What have you learned about yourself and what have you learned about others? Has the culture of working with others expanded your insight or perhaps you have expanded the insight of other cultures? I know I have certainly learned as I have chosen to remain open to learn about other wonderful people, belief systems, values, personal choices, and have become a better student and human being. Remarkably, it is possible to be a successful student and human being who loves and embraces the world they live in.

My third challenge is to learn what separates the “good from the bad and the successful from the unsuccessful.” Are you ready for this piece of wisdom? **Plan to work hard and learn to use the resources that you have been afforded and do not squander this opportunity.** Learn all you can about SSS, the people, the programs, the skills, and acquire counsel from these qualified and wise individuals. Also learn to get to know your instructors and faculty. Realize that these individuals are in the educational role of supporting your choices. While they are your choices to make, don't forget to ask for help with making them. Maybe your choices involve whether or not to obtain a tutor or get help with computer skills, or write a time schedule, which includes study time. Sometimes the ear of someone who believes in you when you struggle with self-doubt might be the one thing you need to arrive at making a right choice, even if that choice is harder. Then remain accountable for your choices; you will become a more successful student and achieve success in life by adopting this principle. Life is all about learning to do the hard things now, so you can reap the benefits later. Sitting in this room tonight are some of the greatest individuals who have the intention of helping you succeed.

DO THE HARD THINGS NOW, ENJOY THE JOURNEY EACH DAY, AND CHANGE YOURSELF AND THE WORLD.

