

What I have learned through my internship with the Power of Five

My internship with the Power of Five started while talking to Denise one day, and discussing my interests for my life in the future and my passion to give back. This conversation got me interested in the Power of Five that she had so passionately talked about. Over several conversations we determined that the best way for me to be involved in this organization and to learn and grow would be to connect with the girls who were recipients of the Power of Five scholarship. The idea behind these conversations were to find out how the lives of these girls were similar and different to mine, and how they were impacted by the scholarship they received. Over the past eight months I have been keeping in touch with the girls who received the scholarship and having various conversations.

However, over these eight months, through my attempts to learn more about these young woman, I have learned more about myself. As I began my research and communication with these young woman, I was very intrigued. I knew virtually nothing about their lives, how their schooling worked, or the culture they grew up in, so I was excited to learn more about their lives and experiences and compare these to mine. However, through various conversations with each of these girls I struggled with finding the answers to my questions that were more complex than a simple “yes” or “no”. I began to realize I did not expect these girls to have such similar lives and educational experiences as me.

Although the communication did not turn out the way that we were expecting, I learned a great deal about myself and how to better articulate and communicate. Through the process of talking with these girls I learned how to articulate the questions I wanted to know the answers to. If they would not give me a specific answer I would persist until I got a specific answer that made sense to me. In addition, I discovered my passion for giving back in the way of healthcare through talking with some of these students. In fact, as I was conversing with these girls, I was also going through the college application process. Because of this, I was starting to wonder where I wanted to go and what my passions were. One night, Moona and I were communicating and I asked her what she wanted to do, why she wanted to go into nursing, and what she wanted to do after University. I was going through similar contemplations of my future at the same time, and thought that what she had to say would spark something that I wanted to do, but had not thought of yet. Moona answered that she wanted to give back to the community that she grew up in, as well as travel and possibly provide needed medical assistance to those in need in different areas of Nepal. This sparked an idea for me. I had always known that I wanted to help people and give back through communicating with people in different countries, and finding what they need solutions to. But this conversation sparked the answer to what I wanted to do in the future. The conversation I had with Moona made me realize that I want to put forth my efforts to give back to the world and make healthcare more affordable and available to those in many countries.

In addition to finding what I wanted to do in the future, these girls made me realize the importance of learning about different cultures and understanding them in order to communicate and help one another. They helped me learn the importance of communication and honesty. They helped me learn just how valuable easy communication and teaching is in a culture with the same language and norms that you

have grown up in. Although talking to these girls who received the Power of Five scholarship did not end in further understanding of how the scholarship helped them, it helped me learn the importance of communication, and made me realize just how similar we are. These conversations also helped me to find a passion for what I hope to achieve in the future, and helped me set future goals for myself, hopefully including traveling to countries like theirs who need more medical assistance.