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Relevé. Tendu. Chassé. Rise, Stretch, Chase. These three terms are part of the most influential experience of my life: DANCE. For the past 15 years dance has helped me grow as a person and has taught me life-long lessons.

Relevé means to rise. Through dance I have learned how to rise to a leadership position. I now know what it's like to have people look up to me, and what I need to do to set a good example. Being part of a team has taught me how to work well with others. I know when it's good to speak out, and when it's good to listen. I know how to become actively involved, instead of just being in the background. I've learned how to compromise, even if it means changing what I thought was right.

Tendu means to stretch. With dance, I have learned to stretch myself to try new things. This stretch has helped me gain confidence through performing on stage. This confidence has taught me how to step out of my comfort zone and try new things, even if it means doing something completely foreign to me. Through dance I have achieved the confidence to communicate with peers and adults that I respect. I have learned how to approach people in different situations which I believe will help me when I move to a new city for college.

Chassé means to chase. Competing in dance since the age of seven, I have learned what I need to do to chase and attain my goals and dreams. I strive to have the best grades compared to others in my class. Since I chose a school that is academically respected, I will challenge myself to be not only the best I can be, but also the best compared to others. Being successful in the real world also has a lot to do with competition. These competitive skills I have learned from dance will contribute to my future success.

God has given me the passion for dance, which in turn has strengthened my self-confidence, leadership skills, and competitive nature. Dance isn't something I do; it defines who I am. It has taught me how to be a better person which will help me succeed at St. Louis University. This year I plan to continue dancing on the Saint Louis University Dance Team where I will further my training and stay in shape. After college I plan to move to Los Angeles and pursue a career as a dancer because relevé, tendu, and chasse (rise, stretch, and chase) reflect the most influential experience of my life.