

Example BYU Admissions Essay – 2,000 Characters

Have you become aware of significant needs in your family, school, and/or community? Please explain how you have worked toward meeting those needs. (under 2000 characters)

I live in Montana, a state in which the suicide rate has left the rest of the country behind. I have seen classmates and adults alike refuse to seek out help from a regionally perpetuated stigma, and with mental health issues ranging from Vitamin D deficiency to poverty to social isolation, I decided that I *needed* to be part of the solution.

I was introduced to TIAH at the beginning of my Junior year. TIAH is a student-run organization that works with the Center for Mental Health to improve high school mental health awareness. The acronym, TIAH, stands for There Is Always Hope, a message that immediately inspired me to join and eventually assume the role of Vice President.

My main concern for the club was that I had never even previously heard of it despite its constant presence in my high school. With this in mind, I made it my goal to publicize the presence of TIAH to the entire school and even the community. Our efforts started small, we handed out candy on Halloween, organized a fundraising campaign, and received mental health training. During this time, I began to spread the word. Using my position as an editor of the school's newspaper, The Stampede, I published articles on TIAH in two separate issues and helped design posters and catchphrases to spread the club's message.

However, TIAH—despite our best efforts—was still in desperate need of funds. Thus began the scrunchie campaign. As myself being the only member of the group who could sew, TIAH came together to cut, gather, and fold the fabric to be run through my sewing machine. Within a matter of weeks, we had amassed dozens of cute and unique scrunchies to be sold. I am incredibly proud of all we were able to accomplish with the money. Our end-of-the-year awareness campaign may have been cut short by Covid-19, but I am sure that TIAH was able to positively impact my school and my community. I *believe* in the importance of mental health, and I will do everything I can to advocate for it.

Example Outline:

- I. The issue I noticed: high rates of suicide and mental health issues in my community
 - a. Background on the situation in Montana
 - b. Why I wanted to be part of the solution
- II. TIAH
 - a. Quick description of what it is
 - b. Roles I filled in it
- III. Main issue I noticed: no one knew about the club
 - a. How I helped this problem
 - b. Skills I drew on in my background to help
- IV. The scrunchie campaign
 - a. Why we needed it (lack of funds)
 - b. What exactly we did, and my role
- V. Takeaways:
 - a. How this impacted my community
 - b. How it helped me grow