

## Mid-Con Essay

The importance of developing leadership qualities is to me an important part of life. Whatever level one is at in life, calls for some form of leadership. As a student, one can step up in the classroom by studying hard and keeping their grades high. As an athlete, one can do extra practice and set a good example for others by keeping focused.

As a Student Athletic Trainer I have developed strong leadership qualities over the course of the last five years. I started in 8<sup>th</sup> grade, and each year my responsibilities have increased. This past year, as a senior Student Athletic Trainer, I started a mentoring program for underclassmen who were interested in learning the process of student athletic training at the varsity level. The observation students have to put in twenty total hours before being considered for an interview. As a leader, I showed them how to tape an ankle and wrists, make an ice bag, set up the football field, and some of the rehabilitation process. This leadership experience will make it that much easier to be a leader later on in life.

Being in a leadership position shows that one is passionate about what they are doing. When one can step up and take the

chance to be an individual, that's showing that they do not care about what other people think and that they are there to do what they need to do. One should never be ashamed to show passion about something. There are many passionate people that have impacted people's lives. My mom and dad are passionate leaders. Their passion is their three kids, and they show leadership by supporting us in everything we do, making sure that we don't make mistakes that will cost us our lives. They are the leaders of the family, they are passionate about their children and they have impacted the lives of many.

Leadership qualities will help me in the future by giving me confidence for interviews, seeing the different situations that I can step-up in, and knowing that being passionate about something will surely benefit me. In the future, I plan on going to college, majoring in Athletic Training, going to Physical Therapy school, then become a Head Certified Athletic Trainer/ Licensed for either a National Football League team or a Major League Baseball team. Having developed leadership qualities, I will be more confident in a male dominated profession. I know that I will take all the leadership qualities I have

learned throughout my life and keep them with me when I go out into the real world.