



2021-2022 Scholarship Application/Nomination

Running from Anxiety, Inc. is a non-profit organization founded in June of 2017. You can read about our cause at www.runningfromanxiety.org, but to share with you a little of what we do, we began this organization as a means to support individuals suffering from anxiety and depression. With first hand knowledge and experience pertaining to these illnesses, we found our respective fights to be isolating and the stigma associated with them to be demoralizing. It wasn't until we took up fitness and running that we began to successfully cope with our mental illnesses. Running from Anxiety was established as a way to remove the stigma associated with mental illness, help others achieve emotional health through fitness and running, and provide a deserving senior a scholarship to support their post-secondary education and/or continued treatment.

Qualifying candidates for the annual Running from Anxiety, Inc. Scholarship must be either nominated or verified by an adult affiliated with their school, i.e., teacher, administrator, coach, guidance counselor, etc. Whether nominated or verified by a third party, an essay (no more than 1000 words) addressing the following questions must be submitted with the application attached. If being nominated, the essay should be written by the person nominating the potential award recipient. All forms (application and essay) should be emailed as PDF files to runningfromanxiety@gmail.com no later than April 15, 2022.

1. It's been said that "everyone has a story to tell." Throughout the last 12 years of school, specifically, four in high school, what have you dealt with as obstacles to achieving his or her/your goals?
2. When/How did these adversities change you?
3. Discuss how you persevered through these struggles and the supports that were paramount in your journey.



**2021-2022 Scholarship Application/Nomination
COVER LETTER**

Student Name: _____

High School: _____

Address: _____

Adult Verifying/Nominating student applicant: _____

Post-Secondary Plans:

If attending school, where?

Anticipated Major: _____ High School GPA: _____

Community Service involvement:

| Freshmen Year | Sophomore Year | Junior Year | Senior Year |
|---------------|----------------|-------------|-------------|
| | | | |

Extracurricular activities (including any captaincies, offices held, or awards won):

| Freshmen Year | Sophomore Year | Junior Year | Senior Year |
|---------------|----------------|-------------|-------------|
| | | | |

Adult Verifying/Nominating
student applicant's signature: _____

Date: _____