

# Let's meet Kiah!

I am a freshman at Central Michigan University. My dad is a US Army veteran so I was born in Aviano, Italy while he was stationed there. I have spent most of my life in Michigan. I have two sisters, a step-sister, and 2 step-brothers. I love to play sports, in high school I played basketball, volleyball, and ran track. My junior year I qualified for state in the long jump. Due to covid-19 and sport restrictions my senior year I was not able to compete. I love to work out, spend time with family and friends. I also like to be adventurous and try new things.

**What made you choose Central Michigan University?** I selected CMU because they had a 5 year Master's program for Athletic Training and when I visited the campus everyone from the students to staff was very friendly, helpful and excited to be attending school there.

**What made you decide to be an athletic trainer?** I have always been interested in the medical field. In high school I was part of the health science tech center program and received my CNA (certified nursing assistant) certificate has a Junior in high school. I realized I wanted something more sport related and my instructor at the tech center recommended athletic training. I researched the career and decided it was for me.

**College is costly: did you apply for scholarships, grants, or loans to help cover and defray the cost.** I did receive a few scholarships and grants, but still had to apply for financial aid. The merit scholarship that I received through Central Michigan University has helped greatly with my tuition this year.

**How would you describe yourself as a student?** I consider myself a great student, I listen very well, always put 100% even when there may be different subjects that don't come easy for me, and I try my very best to retain all information that is given to me.

**What goals do you have for yourself?** A short range goal as a college student is being accepted in the athletic training program, graduating and having all the skills to be an amazing athletic trainer. My long-range goal would be to work with athletic trainers at Central Michigan University and to move on to work for a college, possibly even Central Michigan University - I may even work on to become a Physical Therapist.

To reach my goals, I plan to actively be involved with the sport programs, to be able to shadow the team's athletic trainers, while making connections. Networking will be important for the future.

**What motivates you to put forth your best effort?** I know if I want something I have to go for it and put 100% into it, because it's up to me to receive my goals. I want to become successful in my career and I'm passionate about my career choice, that motivates me to work hard so I can help people in the future.

It got me excited to know I had to work hard and soon enough I would experience life as a college student and work towards a career.



**Do you have any advice for TRiO Talent Search members?** Just keep researching if you don't know what career path you want to do yet... don't be afraid to ask lots of questions. Visit different colleges. Don't just look at a career for the financial aspect, look also for a career or path that you will be happy in and are passionate about - a career choice that fits you. Have fun in the journey of finding it.

TRiO Talent Search really helped me prepare me for my future. I had more accountability to be prepared and know what I wanted to do my life in the future. All of the staff through TTS that helped me in high school gave me so many resources to prepare for college. I would have to say the college trips were the best memories of my time in TTS. Being able to be around everyone and seeing the colleges made it more real.

Thanks, Kiah!

We wish you all the best as you continue to "Realize the College Dream" at CMU.