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# This I Believe

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### This I Believe by Alishia Foss

I believe that every student should have the same experiences in school. Experiences that allow them to create paths for succeeding, opportunities that develop their interests and allow them to do what they like and learn about themselves.

When I was in high school, I was just an average student that had a hard time taking tests and focusing in class. I played three sports throughout high school and I was very successful in each sport; earning top notch awards. In the classroom things were different; I was a student that had an IEP, which is an individualized educational plan that helps struggling students with learning disabilities or other health impairments receive help in class. These modifications helped me understand my classes better. By the end of high school I was an honors student. Though school was still difficult the help I received from having an IEP helped me to succeed and go to college.

I first went to Genesee Community College for two years and then transferred to SUNY Brockport. At GCC I majored in physical education because that is where I was the most successful and I loved being active and healthy. I played softball at GCC and was the pitcher both years. I earned the Most Valuable Player award my freshman year and the Physical Education Studies award and the Athletic Directors award my sophomore year. Coming from a student who struggled in school and who had an IEP I felt this was a huge accomplishment.

For my first semester at Brockport I took classes that I knew I would not struggle with, most of which were in the field of physical education because I knew I would understand them. At the end of that first semester I earned a 3.15 GPA which showed me that I did not need to keep putting myself down because I had an IEP. I also presented at conventions for the college and was working hands-on in the field to gain real life experiences! I was being successful in college.

Doing things in college that I thought I couldn't do in high school showed me that you never can underestimate yourself because you have a learning disability and struggle in school. When I complete my degree and start teaching students I will push my students by showing them that even though you learn differently from others it does not mean you can't achieve the goals you want to achieve. I will encourage them to look at things differently so they can impact others and help others see things the way they see them. I will help them understand that every person has a chance to do great things if they are willing to work hard.

I believe that every student should have the same experiences in school. Experiences that allow them to create paths for succeeding, opportunities that develop their interests and allow them to do what they like and learn about themselves