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I Believe in the Strength of a Woman

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“I believe in the strength of a woman”.

I have always wanted to prove to everyone that man and woman are equal. Starting in junior high school, as a young girl, I attempted to defy the odds one step at a time. I attended the weight room frequently after school and enjoyed becoming stronger physically. Some students found my new passion for weight lifting strange and unfortunately, some of the male students did not accept that I was surpassing their own physical strength. I utilized their apprehension as a motivation for success and with time, my physical strength had become comparable to those male students. Of course it was difficult and demanding to maintain my physical strength, but I wanted to prove to myself and others that I could beat the odds and that all women can beat the odds as well.

There is no line defining who we are as people; we are who we make of ourselves and not who others perceive us as. I weigh 120 pounds and have blond hair and blue eyes. I like to wear dresses and cosmetics at times. To most, I would be seen as the “average” female. But what exactly does the “average” female mean? Does that mean that I cannot go camping in the middle of the woods without being seen as abnormal? Or does it mean that playing in the mud, using all terrain vehicles, and knowing how to change a flat tire is unacceptable for a female? I believe that I can be anything I want to be, and if that means I want to get muddy or go thrill seeking, then so be it. I refuse to be defined by the negative social stigmas created for not only women but men as well. I believe that we can all be equal.

I believe I can be a physician. In fact, I know I can be a physician through determination and dedication and that nothing will hold me back from my dream. I believe that I can be whatever I want to be and have the career I desire to pursue. Together, we can create a world of equality. As I have grown older, I have asserted myself as a capable, strong, independent woman through my commitment to gymnastics, coaching and education and by pursuing a challenging career in medicine. I refuse to be bound by the stereotypical definition of a woman created by all people. I refuse to let my judgment and knowledge be deemed less justifiable because I am a woman. I believe that we are strong, fierce and powerful. We have the power to change the world, save a life and make a difference. We are all equal.