

Lauren Fitzgerald Memorial Scholarship Fund Essay

I first heard the quote “I can be changed by what happens to me. I refuse to be reduced by it” when reading about this particular scholarship. The story of Lauren Fitzgerald touched my heart and soul. I also could really relate to the quote. At the age of eleven I was diagnosed with Juvenile Diabetes. Ever since that fateful day in June, my life has changed in more than one way.

Obviously there are the usual things one must deal with when being diagnosed with diabetes. I had to learn how to give shots to myself and keep my blood sugar at a healthy level. Besides the basics, I also had to learn how to go about every day life while also taking extra care of myself. High school was especially difficult. I would find myself with a high blood sugar in the middle of the school day, which would force me to miss class to get it into control. Most kids would love an opportunity to miss class, but I was miserable knowing I might be missing something important. I did not let this keep me down. I realized my health was the most important thing. Once I got my blood sugars under control, I always worked hard to catch up on what I had missed.

I know being diagnosed with diabetes has changed me, but I definitely have not been reduced by it. Diabetes has made my everyday life more difficult than the average student, but I do not let this bother me. I sometimes consider myself fortunate because I appreciate the little things more in life and I know how to work hard while at the same time keeping myself healthy.

I have never been bitter about my disease. I believe it was given to me for a reason. It has bettered me in ways few can comprehend. It has made me more compassionate and hardworking. It has also made me appreciate life more. Maya Angelou’s quote truly does reflect my life.