Through my career and technical education (CTE) program, I learned the power of teamwork in helping to achieve goals. In my exercise science class, I worked with some friends to prepare and compete in the Health Knowledge Quiz Bowl contest. During this experience we divided tasks, collaborated during our “genius hour” in school and understood each other’s strengths and weaknesses. Through this experience we not only won a medal but we also learned how to best work together as a team to achieve one common goal. These skills will help us not only in our upcoming projects in our CTE course but also in our future careers.

I believe that career and technical education is essential to close the skills gap and create a strong future workforce.

In my future, I want to be a teacher at a career and technical school and teach exercise science. I also want to be a SkillsUSA chapter advisor so I can continue to pursue my goal of leaving a legacy on this organization.