



Physicians for Social Responsibility
Sacramento Chapter
10 Dumfries Court
Sacramento, California 95831
www.sacpsr.org • info@sacpsr.org
916-955-6333

2023 High School Scholarship Essay Contest
\$1,000 Scholarship Winner

Your Choice Makes All the Difference

by Eva Pullen

attending Forest Charter School in Truckee

Everyone makes choices every day about how they affect the world around them, and those choices make all the difference. When someone throws a piece of trash on the ground, they may think that it isn't that big of a deal. But if everyone in the world did that exact same action, then that would be 8 billion pieces of trash thrown on the ground in one day. Wouldn't it be wonderful if 8 billion people chose to do one act of kindness every day instead?

In my own life, I am trying to make good choices and help others even if the acts are small ones. I have tried to help others through my volunteerism. I sewed masks for the elderly during the pandemic. I have volunteered at the local library by shelving books and at the local shelter by walking dogs. I am a Teacher's Aide for five different classes at my high school. I believe that all of these acts make a difference in the world around me. If I have made even one person or animal's life easier or happier due to my actions, then that is a positive impact. My actions can also create a ripple effect where those I have helped might be kinder and more helpful to others because someone was kind and helpful to them. I think that by working with others, and deliberately choosing to be kind and helpful to others, we can make a positive impact on a large scale.

A key moment for me in seeing choices and how it can affect change on a large scale, was when I was involved in writing postcards for the 2020 election. With other volunteers, I wrote individualized postcards that went out to people who did not regularly vote. The election ended up having the biggest voter turnout of the 21st century. I am in no way saying this was all because of myself and fellow volunteers, but I think if we were able to convince even one person to have walked up to the polls that day, it was a job well done. This experience for me was one of the first times I got to truly experience such a large group of people working together for a common cause with the intention of encouraging and helping others.

Last summer, I was selected to join the American Civil Liberties Union's National Advocacy Institute, a program that included lectures from important speakers and lessons about a variety of predominant issues. It was there where I got to learn more about activism and how a group of people can affect change. One day I hope to become an attorney and, through my career, help others in need.

Every action is a choice and matters and results in an impact on the world. What a wonderful world it would be if everyone would make helpful and kind choices realizing that every act, however small, has an impact on everyone and everything around them.