



Name: Gianna Thompson

Title: Nothing Can Break the Bond We Have Created

Written Essay:

See Below

Link to Plain Text Essay:

https://docs.google.com/document/d/14_WUXJwfQZfWUAJ0uIAk9aXqNPZjSw5_ndfkLnfKbxg/edit?usp=sharing

Link to Video Essay:

My Digital Portfolio

<https://giannaathompson.weebly.com/>

My Resume:

<https://giannaathompson.weebly.com/resume.html>

My College Admissions - Slideshow:

<https://giannaathompson.weebly.com/college-admissions.html>

My GPA - 4.4:

https://giannaathompson.weebly.com/uploads/1/5/0/5/150546623/gianna_-_honor_roll_-_v1.png

My Accomplishments:

<https://giannaathompson.weebly.com/awards-and-certificates.html>

My Coursework:

<https://giannaathompson.weebly.com/courses-ap-and-honors.html>

My Community Service - Neighborhood Trash Pickups:

<https://giannaathompson.weebly.com/community-service.html>

My Music:

<https://giannaathompson.weebly.com/my-music.html>

My Club - LegacyCreators Hunt as a Pack:

<https://www.legacycreators.org/>

My Who Am I Video?:

<https://giannaathompson.weebly.com/who-am-i.html>

My LinkedIn:

<https://www.linkedin.com/in/gianna-thompson-3114b8327/>

In August of 2022, my family underwent a major change: My older sister's absence from our house. She was going to be living in St. Louis, Missouri, attending Washington University. Before this, there was never a time when I could walk around our house and not see her baking in our kitchen, listening to music on our couch, or relaxing in her bedroom. She was genuinely my best friend and I worried that things would never be the same without her around. From her leaving, though, I have learned to adapt in the face of change, dispel this fear, and combat my feelings of loneliness.

One of my fears was that the relationship my sister and I had built over the years would deteriorate in the months she spent away at college. I soon realized, however, that this fear was irrational. My sister would call me frequently, telling me about her classes, friends, and job. I, in turn, would tell her how life was going for me. When the two of us had time, we would watch a movie together or continue one of the many series we had started before she left. It seemed that as the distance between us grew, our relationship only grew stronger. This fact eased my mind and showed me that no matter how far away my sister and I happened to be, our relationship would remain intact.

Another fear of mine was that my sister would change drastically while she was away at college. While she did change in several ways, many things stayed the same. In her time away from us, she managed to get a job and make new friends, but she maintained a strong connection with my three siblings and I. When she came home for the holidays, she would want to spend most of her time out of the house, but was even more affectionate and caring towards my siblings and I when we spent time together. From this experience, I have learned that change is not

always negative; it is not something to fear, but something to embrace and accept as a part of life.

My last worry was that my feelings of loneliness would last forever and that nobody would ever understand how I was feeling. This, of course, was not the case. My family members were experiencing the same pain and sadness that I felt. By spending time with them, I was able to forget my loneliness and grow closer to my three other siblings and my parents. We watched movies, played games, and binged some of our favorite shows. In addition to strengthening my familial bonds, I was able to make several friends in school by joining clubs and being sociable. Before my sister left, I was extremely reserved and tended to shy away from socializing. Her leaving forced me to overcome my bashfulness and attempt to build connections with new people.

Each of these fears has taught me a lesson that I will never forget. I have learned to accept change with open arms, fight feelings of loneliness, and quiet anxious thoughts. While I still miss my sister dearly when she goes, I know that I will see her again and that nothing can break the bond we have created. I actually used these lessons in August this year as I prepared to say goodbye to my brother. He went off to Winston-Salem State University, but I had the peace of mind knowing the relationship we had built over the years would remain intact - even if he was only two hours away.