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**2012 Region 6 MetLife Scholarship Winner**

- **What tips can you share on completing the scholarship/grant application? What's your best advice on the writing process?**

My tips on completing your scholarship/grant application is to write from the heart, use lots of examples, and communicate your passion for HR. I spent a lot of time on my application. I started by completing a rough draft, then asked colleagues and friends to review and give input. Through the application process I found a great appreciation for my position in Human Resources and an increase in knowledge of ASHHRA and their vision so for me it was worth all the effort.

- **What was the best take-away from attending the annual conference?**

Honestly for me it is extremely hard to pin point only one take away from the 2012 ASHHRA Conference. For me the experience was amazing from Opening Ceremony, fabulous speakers, social events, meeting so many new people, and the overall revitalization of my own personal spark for HR. If I had to pick I would say that the best take away for me was the educational sessions and the information presented. I learned so much and had some great ideas that I could take back to my organization and apply it in a way that it would make sense for our size and needs.

- **How did the scholarship/grant influence your health care HR career? How has your career changed since being receiving the award?**

Receiving the 2012 ASHHRA MetLife Scholarship Award for Region 6 was an amazing opportunity and accomplishment for me. The presentation ceremony was delightful, seeing my name on the Conference Program and at the MetLife booth in the trade show made me feel so proud of myself. Since last September I am quick to share my new found insight and have used the phrase "at the ASHHRA Conference in Denver last Fall...." many times. I have found a confidence in my role that has helped me to grow and take on additional leadership roles with my employer, my state association KHHRA, Kansas Hospital Human Resource Association, and ASHHRA.