

General Tips for Scholarship Applicants

- There is no “correct” experience, diagnosis, pathway, or outcome we are looking for.
- We are interested in your lived experience and your reflections, not polished or academic writing.
- Specific examples are often more helpful than general statements.
- It’s okay to write plainly. You do not need to disclose anything you’re uncomfortable sharing.
- Recovery, support, and goals look different for everyone and can change over time.

Guidance for Short Answer Questions

1. **Recovery, Growth, and Learning**

You may wish to describe what is currently supporting your recovery, stability, or sense of growth. This could include activities, relationships, routines, treatment, learning experiences, or personal insights. If helpful, you can also reflect on what you have learned about yourself through challenges you have navigated or changes you have made. Recovery can look different for everyone.

2. **Supports and Coping**

You may describe the supports or strategies you currently rely on in your day-to-day life. This could include people, services, cultural or spiritual practices, routines, or ways you manage stress, particularly in educational or learning environments. There is no expectation that you have everything resolved or figured out.

3. **Education Plans and Goals**

You can share what program, course, or training you are hoping to pursue and why it feels meaningful to you at this point in time. Your plans do not need to be final or long term. We are interested in how this learning connects to your interests, circumstances, or recovery right now.

4. **Additional Context (Optional)**

If there is anything else you would like the selection committee to understand about



your circumstances, needs, or journey, you may include it here. This section is optional and leaving it blank will not negatively affect your application.