

# Rico Angelo Miguel

**Please share an instance of dealing with adversity and how you managed to overcome the difficulty**

**An essay must be 300 words or less.**

One of the greatest challenges I have faced is balancing the responsibilities of being the eldest sibling while maintaining academic and athletic excellence. With my eldest sister moving out, I became the primary support for my younger siblings, guiding them through school, emotional challenges, and daily life while my mother worked and my father managed other obligations. At the same time, I committed to rigorous academics, varsity

athletics, leadership in SFJROTC, and over 150 hours of community service. The pressure was crushing. There were days I felt exhausted, stressed, and unsure I could meet every expectation. But I realized that challenges are opportunities to grow. I developed structured schedules, prioritized responsibilities, and leaned on mentors, coaches, and peers for guidance and accountability. Through discipline and focus, I turned overwhelming pressure into a roadmap for success.

This experience strengthened my resilience, leadership, and sense of purpose. I learned that true leadership is not just direction—it is service, empathy, and perseverance. My role in my family, while demanding, became a source of motivation, driving me to excel academically, athletically, and in my community. Receiving the Avery Burton Memorial Scholarship would honor my commitment to turning adversity into strength and allow me to continue pursuing my goals without financial barriers. It would empower me to build a future rooted in discipline, service, and impact, and to inspire others to embrace responsibility with courage and determination.