

**Criteria:**

Please submit a one (1) page (500 word max) essay outlining how you demonstrate academic aspiration and strive to sustain an optimal level of wellness in spite of your IBD, allowing you to excel to reach your personal and academic goals and inspiring others to do the same.

Some questions to address in your essay:

- Why do you strive for academic success?
- How do you strive to sustain an optimal level of wellness?
- What are our personal and academic goals?
- How you inspire others through community and school involvement?
- How you would benefit from the scholarship financially and psychologically?

**Please note, essays that exceed one (1) page (500 words) will not be eligible for consideration.**

**Rating Scale:**

10 = Excellent    9 = Very Good    8 = Good    7 = Above Average    6 = Average  
5 = Neutral    4 = Satisfactory    3 = Fair    2 = Poor    1 = Extremely Poor

	1	2	3	4	5	6	7	8	9	10
<b>Section 1: Essay Composition</b>										
Degree of empowerment										
Personal impact / example to others										
Level of personal achievement										
Effort to sustain an optimal level of wellness										
Originality and creativity										
Spelling, grammar and ease of read										
Economic need										
<b>Section 2 : Personal Recommendation</b>										
Quality of recommendations										
Creditability of sources										
Strength of relationship										

## Selection Committee Criteria Definitions

### Section 1: Essay Composition

#### Degree of empowerment:

- Does the student's actions provide them and others with motivation?
- Does the student actively seek to enrich the lives of others?

#### Personal impact / example to others:

- Has the student demonstrated leadership and role-model type qualities?
- Does the student participate in activities that benefit others?

#### Level of personal achievement:

- Does the student achieve their goals?
- Were the objectives set difficult for the student to achieve?
- Is the student satisfied with their accomplishments or did they proceed to set higher goals for themselves?

#### Effort to sustain an optimal level of wellness:

- Does the student strive to maintain an optimal level of wellness?
- Has the student demonstrated active disease management to maintain their wellness?

#### Originality and creativity:

- Does the student stand out from other applicants?
- Does the essay include a 'wow' factor?

#### Spelling, grammar and ease of read:

- Does the student utilize proper spelling, grammar and sentence structure?
- Does the essay flow in a logical manner?

#### Economic need:

- Has the student applied for and / or received other scholarships, bursaries or grants?
- Does the student share other circumstances that require them to obtain financial assistance?

### Section 2: Personal Recommendation

#### Quality of recommendations:

- How well does the letter of reference highlight the student's achievements?
- Does the reference include examples of the student's determination, positivity and leadership?

#### Credibility of sources:

- Is the reference a reliable source?
- Does the reference have any personal bias towards the student (parent, friend, etc.)?

#### Strength of relationship:

- Has the reference known the student for an extended period of time?

#### Supporting organizations: