

# Finding Fulfillment

**M**y name is Jazz, and this year I had the opportunity to run for ASB President, winning that position as a Junior. One of the main reasons I ran was to make an everlasting impact on our community as a whole. I also want to inspire others to step out of their comfort zones and commit to things they would otherwise fear!

A significant part of being an SGS Dragon includes our commitment to service, something I find truly important. Serving others in our community is something that may seem daunting to a lot of us, especially as students, because we feel there is not much we can do as individuals. However, that is far from true.

During my time at home, I've reflected on the things I'm passionate about and want to see evolve in our society. One of those things is the stigma surrounding mental health. Mental health is something we all struggle with in different ways, and it's important we shed light on the value of opening up about our fears and vulnerabilities.

During the month of September, many prevention organizations, medical facilities, and mental health advocates unite to educate and promote suicide prevention. It is a time to remember those affected by suicide, raise awareness, and help us as a society to do better. I think it is our job as a school to help students understand the issues around suicide and mental health. By starting that conversation, we can provide support and direct help to those in our community who need it.

Service, to me, should have an everlasting impact. So, with the help of our awesome faculty members and students who felt comfortable participating, we created a video about preventing suicide. Making this video was not only a way to promote suicide awareness during the month of September, but also to support a long-lasting conversation around

topics our society has deemed controversial. Talking about these topics is difficult, but I'm hoping that bringing these conversations to schools will help normalize them.

My view of service, which some consider somewhat naïve, is to truly give without the expectation of receiving. My hope is that, as a member of the ASB, I will inspire my peers to do the same.

I am reminded every year of how crucial the act of giving back is to our success as a community and our own personal growth. When serving others, it is not just what we do that matters, but the inner drive behind our actions that really counts. Throughout my journey, I have found there is no one right way to serve others. It's all about becoming conscious of the role you want to play in this world. I serve to discover abundance, express my gratitude, connect with others, and broaden my perception of the world because that is what fulfills me. Find what fulfills you, and act on it!

*- Jasmine Brown, SGS Class of 2022*



**Jasmine Brown,  
ASB President,  
Class of 2022**

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**From left:  
Jasmine and  
some of the  
faculty and  
students she  
recruited  
to voice the  
ASB's Suicide  
Prevention  
video. Scan  
the QR Code  
below to view  
the video.**

