I am Calista Polyzos a senior at Tabb High School. I have been in the Tabb school system since 7th grade, and school has always been a challenge for me. I really started struggling at an early age. I was tested a couple of times to find out that I have several learning disabilities, ADHD, anxiety and central auditory processing academic disorder of reading and written language. During elementary school was one of the toughest times. I moved to a couple different private schools to find a fit that would best accommodate and help me to learn and grow. Along with school I did various tutoring and educational programs to help me with my disabilities. I realized very early that I had to work twice as hard and twice as long as my other classmates to get a passing grade. With the help and support of my family, teachers, and tutors I have gotten to where I am today. My GPA is a 3.1666 almost 3.2, that is exciting to me and I look forward to bringing it up even higher in my senior year.

The biggest challenge is my test anxiety it always brings down my overall grade. I did take the ACT which I tried very hard not to stress about, but I did! My score was a 14 which I feel does not really show a fair overall view of my knowledge. I am scheduled to retake the ACT along with some tutoring. I hope that when reviewing my GPA and my ACT score that these issues are considered and my hard work and determination is what shines through.

Along with my school work load I have always been active with various sports. My favorite was swimming, I was on a local team the Tiger Sharks for several years. My church Saint Constantine and Helen Greek Orthodox had a basketball team that I played on. I think one of the most interesting things I did was Greek dance ever since I was 5 years old. I am part Greek so that is part of my heritage. I also did school choir in elementary school, and I enjoyed so much I continued my singing. I take singing once a week now and I hope to get in the school choir.

I am seeking admissions to the Bachelor of Science Program, Athletic Training, as a physical therapist. As student manager for the Tabb High School football team, 2016-2018, I work closely with the team’s physical therapist, Shona Robinson. I supported her work with athletes who had been injured and were receiving therapy. In early fall, 2017 as a junior at Tabb I was diagnosed with scoliosis. I had 3 intensive months of physical therapy myself. I was impressed with how the exercises improved my muscle strength and significantly reduced the discomfort I was feeling in my upper back. Working with Shona, I found that each patient situation is unique. I enjoyed the one-on-one contact with patients that physical therapy affords, and more importantly found real satisfaction and helping restore athletes to their full physical strength and potential. Due to my learning issues I have dealt with over the years, I had not given much thought to a career until I met Shona and worked directly with the injured athletes. My educational struggles have taught me skills that will support me as I undertake coursework to become a physical therapist.

Becoming a Lancer at Longwood would be the next step for continue growing and learning. I have heard a great new student success center with a lot of amenities that would be great tools and helping me to become the best student I can be. My cousin just graduated from Longwood and she always said the professors where very helpful, compassionate and making sure you succeeded. The class room sizes I feel also will be very helpful to me. I look forward to becoming a Lancer.