

# COMMITTED

ALAN BOWMAN

GRAPEVINE, TX | QB

## SCHOLARSHIP OF THE MONTH



### Alan Bowman Sack the Stigma Scholarship

Total amount: \$1,000

Deadline: December 31



In 500 words or less, please read and respond to ONE of the following prompts:

**Prompt #1:** Write an essay sharing your own mental health journey or the journey of someone close to you, and how you'd like to use these experiences (or how you're already using them) to positively impact others who are struggling.

**Prompt #2:** Write a letter to your school advocating for increased initiatives to help increase awareness of and support student mental health. What should they start doing? Keep doing?

<https://accessscholarships.com/sack-the-stigma-scholarship/>

Have questions? Visit the GEARUP Office in the Library!