



The Dowling Educational Scholarship Application - 2025

INSTRUCTIONS: Please submit your completed application in person to our client services team or send via email to scholarships@communitycenternw.org **BY FRIDAY, FEBRUARY 21, 2025**

HHID#: 5803 Last Name: Alvarez First Name: Sophia
Street Address: 3 School St, apt-24 City: Bedford Hills NY Zip Code: 10507
Phone: (914) 299-4546 Email: Sophia.alvarez00@gmail.com Date of Birth: 12/15/2006
What type of college/school/coursework are you planning on pursuing with the help of this scholarship?
☒ College ☐ Technical/Trade ☐ Other Name of school: ~~Longmeadow High School~~
If you are currently employed: Employer Name: _____ Hours/Week: _____

ALL APPLICANTS MUST SUBMIT:

- **AN ESSAY** of 250-750 words that addresses these topics:
 1. What are your educational goals?
 2. How will this scholarship help you overcome any obstacles toward achieving these goals?
- **A SEPARATE PAGE of YOUR MOST IMPORTANT ACTIVITIES**
 1. Describe the most important activities you are involved in. This can include clubs, community service, athletics, hobbies, work, caring for family, household responsibilities or any other activities of importance to you.
 2. If you are a member of a club or a volunteer, please include the length of your involvement and any position you have held in the organization.
- **LETTERS OF RECOMMENDATION**
Submit a minimum of **two** letters from one or more teachers, a guidance counselor, employer, supervisor, coach, or community/spiritual leader. Be sure they include their **title** and **contact information**.

IF YOU ARE A CURRENT STUDENT:

In addition to the above documents, please provide:

- **REPORT CARD/TRANSCRIPT**
Submit the records that apply to your current student status:

HIGH SCHOOL SENIORS
9th- 11th grade Transcript
12th grade Fall 2024 Report Card

FRESHMAN COLLEGE STUDENTS
12th grade Transcript
Fall 2024 College Grade Report

ALL OTHER COLLEGE STUDENTS
Previous year's Transcript
Fall 2024 College Grade Report

- **NAME OF SCHOOL YOU ARE CURRENTLY ATTENDING** Fox Lane HS

All APPLICANTS please sign and date:

I CERTIFY THE ACCURACY OF THE STATEMENTS INCLUDED IN THIS APPLICATION. I AM AWARE THAT OMISSIONS OR INACCURACIES COULD RESULT IN THE CANCELLATION OF THIS SCHOLARSHIP.

Applicant's Signature: Sophia Date: 1/21/25

Parent's Signature (If under age 18): _____ Date: _____

Client Services Manager Signature: _____ Date: _____

Thank you for applying for the 2025 Dowling Educational Scholarship. We wish you all the best in your future endeavors. You will be notified in late April if you have been awarded a scholarship. If you have any questions or concerns please contact our Client Services Team, by phone at 914.232.6572 ext. 110 or ext. 111 or email us at scholarships@communitycenternw.org

Sophia Alvarez
8 February 2025

Deciding what I want to do after high school has been influenced by my childhood and my story is only the beginning of what I hope to do. The Dowling Educational Scholarship would help me on this journey which started many years ago in preschool. “Sophia, tú no necesitas ir a una terapeuta, eso solo es un gasto de dinero, no eres loca para estar yendo para allá” is what my dad would say because in our culture going to therapy is almost as frowned upon as a sin. My mom and I would go secretly because he never understood the reason that I was going was because of him. I was in preschool the first time I went and from then on I was one of the kids who had to eat lunch with the school psychologist at least once a week to make sure I was okay. I thought it was normal to have to talk to someone about my feelings, but I remember that one day my dad called and my mom told me to lie so he wouldn't know that I was waiting to see my therapist. I was lucky that at least one of my parents understood the necessity of taking care of your mental health, but many kids in my community are a lot less fortunate.

For example, in the capital of Honduras, Tegucigalpa, there are only 56 mental health specialists for 9.5 million citizens, so nobody in our family even considered looking for help. There were not enough options. My older brother Sammer came to this country when he was 12. He was struggling and it only got worse when he arrived and attempted to adjust. He thought the only solution was drugs. My family went through a lot trying to understand him and find ways to help him; my mom knew that therapy was helping me so that could possibly help him. Once he started helping himself and talking about those grudges he held onto so firmly, he was able to grow and improve.

Now over a decade later, I still see my peers and my Hispanic community struggle to find a way to cope with life's hardships. People like my brother and I shouldn't be shamed by our family and community for having these feelings. Trying to break that barrier is something I still deal with everyday. Many of the Hispanic boys I talk to think that crying or talking about their emotions makes them less of a man and the first generation Hispanic girls think they can't show their emotions because they have to live up to their parents' expectations. These strong emotions can push someone over the edge and even though that may seem like an extreme, it is the reality. I am a firm believer that mental health should always be the number one priority in a person's life.

All of this has motivated me in school, as well. I am the president of my school's Youth to Youth club where we bring awareness to substance abuse and its correlation to mental health. My main interest for the next four years of my life is to major in psychology to help my Hispanic community by bringing awareness to the importance of mental health. I know that breaking these ancient ideologies can be very challenging, but I know that with enough perseverance and determination, I am hopeful that I can achieve my goal. I'm not exactly sure what I want to do with my life but I know my ultimate goal is to better my Hispanic community and I know that bringing awareness to the importance of mental health can save lives like it did for me and my

brothers. I hope The Dowling Educational Scholarship can help me achieve this goal of overcoming the stigma by helping me afford a higher education.

Sophia Alvarez Fabian
3 school st Bedford Hills NY
sophiaafabian@gmail.com
(914) 299-4546

Extracurricular Activities

1. Youth to Youth
 - Vice President Junior year
 - President Senior year
2. Puente
3. CODA conference participant
4. Clay Club
5. AFS

Athletics

1. Swim team sophomore year
2. Flag football junior year

Community Service/Volunteer Work

1. Doing the makeup for the actors in the Addams Family musical
2. Youth to Youth club fundraisers and activities
3. Relay for Life

Work Experience

1. Party City associate sophomore and junior year
2. Babysitting occasionally since freshman year until now
3. Catering(waitress)
4. Dog Sitting
5. Camp Counselor summer of sophomore and junior year

Honors/Awards

1. Selected for AVID in 2018
2. Honor roll freshman year

Hobbies/Interests

1. Exercising
2. Hanging out with friends
3. Traveling
4. Trying new foods



To Whom it May Concern:

My name is Jessica Recinos, and I am the Front End Manager at Party City in Mount Kisco, New York. It is with great pleasure that I write this letter of recommendation for Sophia in support of her application for The Dowling Educational Scholarship. I have had the privilege of working closely with Sophia for the past two years, and from the very first day she joined, she has consistently demonstrated a strong work ethic and a dedication to giving her best on every shift.

Sophia is highly self-motivated, capable of achieving any goal she sets for herself, and she has a genuine passion for learning and a deep appreciation for education. In her role, she reported directly to me and successfully managed the work and performance of two employees. Over the course of two years, I have witnessed tremendous growth in her communication, adaptability, and leadership skills. I am confident that these abilities will contribute to her future success.

Sophia is an intelligent, driven individual who consistently exceeds expectations. There is no doubt in my mind that she will thrive in higher education. Her presence was greatly missed at Party City when she left for camp, which speaks to the positive impact she has had on our team.

Should you require any additional information about Sophia, please feel free to contact me at (914) 817-1550.

Best Regards,

Jessica Recinos

Front End Manager, Mount Kisco NY



Fox Lane High School

P.O. Box 390 | Route 172
Bedford, NY 10506
(914) 241-6085



Dr. Jennifer Amos, *Principal*
Ms. Kristy Emery and Mr. Jason Spector, *Assistant Principals*

Letter of Sophia Alvarez

D.O.B. 12/15/2006

Bright, energetic, resilient.

ACADEMICS

Sophia has been part of our AVID program since middle school. Advancement Via Individual Determination is a nation-wide program for first generation, economically disadvantaged students with demonstrated academic and college potential. Sophia has been a leader in her cohort since day one. She asks thought-provoking questions and advocates for what she believes is right. She is also a patient and active listener. When she comes against someone with opposing views, she hears them out and considers what they have to share. She is flexible, always willing to entertain different ideas and perspectives.

Although Sophia thrives in AVID, her high school experience has been like a roller coaster. She has tremendous highs and then lows. She admits that this has been due to mixed priorities and personal issues and takes full responsibilities for her grades. However, she is one of the few students in my thirty plus career as a counselor whose transcript is not representative of ability or academic potential. This year she is enrolled in our honors-level interdisciplinary humanities course, Society, Literature and Truth. SLT is a double block class that requires reading and digesting of dense literature at a brisk pace. Students must come to class ready to participate. Sophia not only has an A in the class but has already distinguished herself as a leader in group work and an outstanding facilitator of discussion. This is a just a glimpse of what she will bring to a college classroom.

EXTRACURRICULARS

Sophia has held part-time and summer jobs to help her mother with household expenses and to have money for herself throughout high school. Her passion and greatest commitment in high school, however, has been through Youth to Youth. Youth to Youth is a club that promotes physical and emotional wellness to youth while educating the community on the risks and dangers of substance use and abuse. This is something personal for Sophia, and she takes her leadership role in the organization seriously. Last year she served as vice president and this year is co-president. Her co-leader is a close friend and excellent public speaker and promoter. Sophia, however, is the doer. She is the force behind the scenes that comes up with campaigns and workshops, organizes fundraising events and brings in professional speakers to address the student body. Sophia has excellent attention to detail and there is no task too big or small for her. She is the leader who executes ideas, she sees things through to completion and leads by example.

CHARACTER/FAMILY/UNIQUE CIRCUMSTANCES

Sophia is part of a single parent household. She lives with her mother who has worked long hours in an assortment of jobs since Sophia was a small girl. At first, Sophia was cared for and primarily raised by her older brothers. As she grew older, she was left at home alone a great deal, having to prepare meals and clean and essentially fend for herself. After her parents first separated, Sophia was required to visit her father on weekends. The physical violence in his household became so acute that Sophia refused to visit. She had no contact for more than two years. As you can imagine, this impacted Sophia tremendously at home and trickled into her performance at school. While her relationship with her father has improved, tensions between her brothers and dad have not. There have been recent instances of fist fights in front of Sophia and police intervention.

Sophia's mother, while still seldom home, remarried last summer. Her husband resides in South Carolina where she will eventually move after Sophia's graduation. Unfortunately, while this man does nothing to support Sophia, his income may impact her financial aid. Another worry and upheaval in Sophia's personal life.

I believe Sophia Alvarez has enormous personal and academic potential. She is interested in psychology and hopes to enter the field of criminal justice in a capacity where she will be able to make a positive impact in people's lives. I am confident that she can and will make a difference. I urge you to carefully consider her application for admission.

Sincerely,

Kristin Brown

Kristin Brown, School Counselor

Student Name Sophia Alvarez		Bedford Central School District 2024-2025  Accredited by NYS Board of Regents OFFICIAL TRANSCRIPT	Fox Lane High School 632 S Bedford Rd Bedford, NY 10506	
Perm ID 18936	Grade 12		September 16, 2024	
Date Of Birth 12/15/2006			Phone 914-241-6085	CEEB # 333245
Home Address 3 School St # 2 Bedford Hills, NY 10507			Counselor Brown, Kristin	

Course Title	Mark	Cred Att/Cmp	Course Title	Mark	Cred Att/Cmp
Fox Lane Middle School			Fox Lane High School		
Yr: 2020-2021	Grade: 08		Yr: 2023-2024	Grade: 11	
Italian 1&2	97	2.00 / 2.00	PE Semester 1	P	0.25 / 0.25
Cred Att: 2.00	Cred Cmp: 2.00	GPA: 97.00	PE Semester 2	P	0.25 / 0.25
Fox Lane High School			Physics R	72	1.00 / 1.00
Yr: 2021-2022	Grade: 09		Cred Att: 7.00	Cred Cmp: 7.00	GPA: 81.31
Algebra 1	83	1.00 / 1.00	Work In Progress		
AVID 9	100	1.00 / 1.00	Fox Lane High School		
English 1R	82	1.00 / 1.00	Crs ID	Course Title	Term Mark
Global History R	84	1.00 / 1.00	FL494	AP Spanish Literature	
Italian 3	87	1.00 / 1.00	FLAVID12	AVID 12	
Living Environment R	82	1.00 / 1.00	FL140	Eng 4H: Society Literat	
Physical Education	P	0.50 / 0.50	FL340	Government H & Econo	
Studio in Crafts	98	1.00 / 1.00	FL915a	PE Semester 1	
Cred Att: 7.50	Cred Cmp: 7.50	GPA: 88.00	FL915b	PE Semester 2	
Fox Lane High School			FL255	Statistics	
Yr: 2022-2023	Grade: 10		FL020	SUPA Forensics	
AVID 10	100	1.00 / 1.00			
Chemistry R	69	1.00 / 1.00			
English 2R	75	1.00 / 1.00			
Geometry	73	1.00 / 1.00			
Health	85	0.50 / 0.50			
Money Management	86	0.50 / 0.50			
Physical Education	P	0.50 / 0.50			
Spanish Language 4H	84	1.00 / 1.00			
World History R	90	1.00 / 1.00			
Cred Att: 7.50	Cred Cmp: 7.50	GPA: 83.79			
Fox Lane High School					
Yr: 2023-2024	Grade: 11				
Algebra 2 and Trig	65	1.00 / 1.00			
AP Spanish Language	66	1.00 / 1.00			
AP United States History	83	1.00 / 1.00			
AVID 11	100	1.00 / 1.00			
Business and Personal Law	77	0.50 / 0.50			
English 3R	84	1.00 / 1.00			
Continued on next column...					

GPA SUMMARY		NOTES
Unweighted GPA	Weighted GPA	
Cumulative Unweighted GPA	84.22 Cumulative Weighted GPA 85.56	
Enter Date 09/01/2012		
Leave Date	Graduation Date	
Class of 2025		