

DCCI Scholarship for Canadian Students with Disabilities Essay:

Right before I started high school, I was diagnosed with OCD and anxiety (obsessive compulsive disorder). As a result of my OCD, I take longer to study and complete tests and assignments, because I have difficulty focusing for long periods of time and taking in certain information. My anxiety amplifies the symptoms of my OCD and makes social settings much harder to handle as well. For most my life I've struggled with the symptoms of my OCD – lack of focus, struggle with eye contact, having every interaction replay at least five more times in my head after it happens, needing things to happen a certain way, but never understanding why, constantly counting and calculating the numbers relating to anything I did, looking ridiculous while walking on tile because there were way too many lines and shadows to step on “properly” - but no one ever recognized that there was anything different about me and my family didn't know what it was either. Luckily, my mom discovered a program for parents of kids with OCD and anxiety, so that we could learn how not to let my symptoms control my life. I've grown a lot since then, and gained many coping mechanisms to manage these symptoms, but it'll never go away.

I never want my OCD or anxiety to dictate my life or stop me from dreaming big, so I've always made sure to work twice as hard to accomplish anything I'm working towards. I've wanted to be a cardiothoracic surgeon since the summer after grade 8, when I was 13 years old. Despite a lot of people telling me I wouldn't be able to handle it, that I wouldn't do well enough in school to make it, and many other discouraging statements and assumptions, I also had people like my family and my favorite teachers in school who encouraged me and supported me when I needed it. Through their help, I found out that there were resources available for people like me, with disabilities, to help find the accommodations I needed to be successful in my studies. Once I started using the resources available to me, my marks went from fifties on tests, to nineties on tests.

In 2021, my mom went back to university, after 25 years of being out of school, to get her bachelor in adult education at Brock University, which is where she heard about their Med-Plus program – the only one like it in Canada. The Med-Plus program at Brock can be paired with any bachelor, in my case Medical Sciences, and is meant to support and prepare students for Medical School. There are plenty of universities that offer a degree in Medical Sciences, but between the support of their Med-Plus program and Brock University placing as the number one university for mental health services in Canada, I knew that it was the right place for me to continue my education.

After university and medical school, I want a career that I feel passionate about, and for me, that's cardiothoracic surgery. In that field, I want to be a role model, both to other young women and to other young people who also have a disability. I look forward to mentoring and

being able to fund similar bursaries with the hope that I help create opportunities for those who may not have otherwise been able to afford it.

In this essay, I've outlined my journey up until this point in my life – my goal unchanged, and my disabilities ever present – but to answer the question, my disabilities shaped my decision to study the programs I chose, because my life wouldn't be the same without them. I would be a different person, in a different place, with different goals.

Proof of Canadian Citizenship:



This is a birth certificate from the Province of Alberta, Canada. It is titled "BIRTH - NAISSANCE" and "Alberta Canada". The certificate is for Samantha Grace Mayer, born on December 20, 2006, in Edmonton. The parents are Warren, Jenna Veronica and Mayer, Bruce Joseph Raymond. The certificate was issued on March 09, 2018. It includes a signature of the Registrar of Vital Statistics, Manon Plante, and a seal of the Registrar of Vital Statistics. There are also decorative elements like maple leaves and a QR code at the bottom.

BIRTH - NAISSANCE

Alberta
Canada

BIRTH CERTIFICATE
CERTIFICAT DE NAISSANCE

Manon Plante
Registrar of Vital Statistics

2015 2412 (2017.08)

Sumame
Nom

Given Names
Prénoms

Date of Birth
Date de naissance

Place of Birth
Lieu de naissance

Registration No.
N° d'enregistrement

Registration Date
Date d'enregistrement

Name of Mother
Nom de la mère

Place of Birth
Lieu de naissance

Name of Father
Nom de père

Place of Birth
Lieu de naissance

Sex
Sexe

Date Issued
Délivré le

Mayer

Samantha Grace

Dec 20, 2006

F

Edmonton

2006-08-043549

Jan 04, 2007

Mar 09, 2018

Warren, Jenna Veronica

Ontario

Mayer, Bruce Joseph Raymond

Ontario

A B 0 1 2 5 7 0 9 0

Proof of Graduating high school in 2024:

<div><div><div>IB</div><div>International Baccalaureate Baccalauréat International Bachillerato Internacional</div></div><div>IB Candidate</div></div> <div><div>Home</div><div>Coursework</div><div>Results</div><div>Transcripts</div></div>			
Results			
<div><div>MAY 2024</div><div>MAY 2023</div></div>			
Samantha Mayer			DIPLOMA
000147 0020 (Jany169)			
Session/Subject	Grade	Details	<div>Hide all</div>
MAY 2024 ENGLISH A EE	C	<div>View details</div>	<div>Hide</div>
MAY 2024 ENGLISH A: Literature HL	4	<div>View details</div>	<div>Hide</div>
MAY 2024 FRENCH AB. SL	6	<div>View details</div>	<div>Hide</div>
MAY 2023 ENV. AND SOC. SL in ENGLISH	5	<div>View details</div>	<div>Hide</div>
MAY 2024 BIOLOGY HL in ENGLISH	4	<div>View details</div>	<div>Hide</div>
MAY 2024 CHEMISTRY HL in ENGLISH	4	<div>View details</div>	<div>Hide</div>
MAY 2024 MATHEMATICS ANALYSIS AND APPRO SL in ENGLISH	4	<div>View details</div>	<div>Hide</div>
MAY 2024 THEORY KNOWL. TK in ENGLISH	B	<div>View details</div>	<div>Hide</div>
EE/TOK points	Total points	Result	
2	29	Diploma awarded	

Proof of fall 2024 Acceptance:



Office of the Registrar

Samantha Mayer
18 Gabriel Road
Falmouth NS
B0P 1L0

Date: January 18, 2024
Brock ID Number: 7997620
Campus ID: mx23ze
OUAC Ref Number: 20241528110

Dear Samantha Mayer,

Congratulations! On behalf of Brock University, I am very pleased to offer you admission to the Bachelor of Science in Medical Sciences program for Fall 2024. You've made an excellent choice in selecting Brock for your university studies. We help students develop their potential, both inside and outside the classroom, and look forward to engaging you in valuable learning, research and scholarship.

Further congratulations are in order. In recognition of your outstanding academic achievements, you have been offered a Brock Scholars Award. Please refer to the enclosed scholarship letter for details and conditions pertaining to your award.

Please carefully review the following conditions and/or important information:

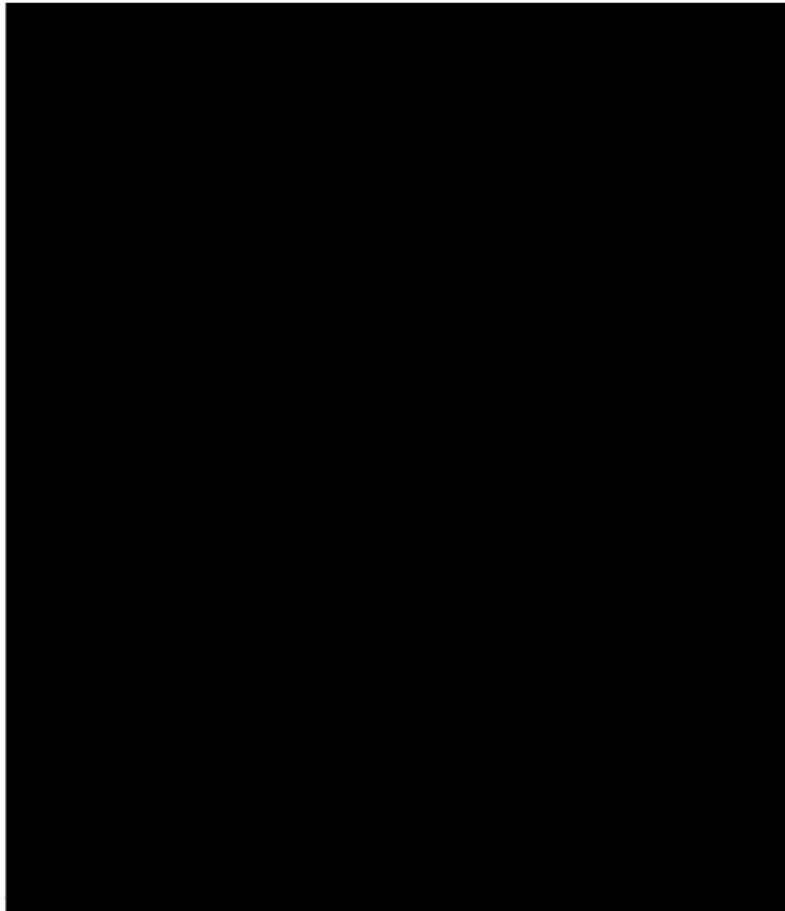
- This offer of admission is conditional upon successful completion of the IB diploma or 6 IB subjects with a minimum overall grade of "4" in each course. Successful completion of Chemistry HL (with a minimum 4), English Literature HL, Biology HL, and Mathematics AA SL is also required. Brock IB Scholarship and transfer credit eligibility is based on final IB diploma results. Please have official final results forwarded from IB0 no later than July 1, 2024. We value and appreciate International Baccalaureate students. In addition to any other awards you may be eligible for, you will automatically qualify for a \$1000 award upon completion and official confirmation of your IB Diploma.
- Official documents must be sent directly to Brock from the issuing institution and may never be in your possession. For more information about submitting official documents, please visit <https://brocku.ca/admissions/document-submission/>
- By accepting this offer, you confirm that you have disclosed all education/academic history. Transfer credit will not be awarded for unreported studies.

To confirm your spot at Brock, we encourage you to accept your offer via [OUAC](#) as soon as you receive it, but no later than May 1, 2024. Prior to making your decision, please review the following information:

You are still required to submit documents as part of your application. Please refer to the Document Status section on your [student portal](#) for details.

- NEXT STEPS: Please refer to ["Your Next Steps"](#).

Documented Proof of Disability:



- | Diagnosis | Plan |
|---|------|
| 1. OCD (obsessive compulsive disorder) | |
| 2. GAD (generalized anxiety disorder) | |
| 3. Obsessive-compulsive personality trait | |

Plan

- **Psychoeducation:** Provided on the diagnosis of OCD- core symptoms, prevalence, clinical course and evidence based intervention. We provided Sammy and her mother with print and online resources about OCD.

- **Pharmacotherapy:** Sammy may benefit from a trial of SSRI medications for OCD. We recommend that Sammy contacts her family physician to consider the use of Prozac. Starting with 1mL of an oral solution daily (equivalent to 4mg), and gradually increasing by 1mL steps with monitoring for AE by the GP until a target dose of 5mL (20mg) is reached. Specifically we discussed the need to monitor AEs of activation and/or suicidal ideations.

- **Psychotherapy:** Sammy may benefit from CBT for OCD. Sammy was referred to a parent guided online CBT group intervention at our clinic. Samantha's may greatly benefit from counselling to discuss general aspects of safety at home as well as issues relating to peer relationships. We learned that Jenna had already called Haldimand Norfolk Contact- nothing has been offered yet. Jenna provided informed verbal consent for this report to be faxed to that agency. Her mother had also contacted a private therapist with trauma-related expertise.

- **Safety:** I reviewed a safety plan, including how to access COAST (905.972.8338).

Follow up: Samantha was seen for a psychiatric consultation and is now discharged from our clinic to the care of her family physician.

Thank you for referring Samantha to our clinic. It was a pleasure meeting her and her mother today!

Sincerely

Noam Soren, MD
Psychiatrist,
Pediatric OCD Consultation Clinic
Anxiety Treatment And Research Center
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Fax 905-521-6120
Associate Professor,
McMaster University

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