



NCNC TEEN COUNCIL

HEALTH AND WELL-BEING QUESTBRIDGE SCHOLARSHIPS

February 23, 2025

HEALTHY HABITS

“Healthy habits” is a phrase we say daily. But what does it actually mean and how do you stick with these habits? The first half of this Teen Council session was here to answer just this.

This discussion was interactive. It provided participants to learn more about patience, and what it actually means to be mindful. This discussion was conducted by two Duke-certified Health and Wellbeing Coaches.

Building healthy habits doesn’t happen overnight. It is a process that you have to grow and build every day, every week, or every month. Mindfulness, life balance, and wellness all fall under this category. During the meeting, participants had the opportunity to practice these skills firsthand by learning the art of meditation with focused breathing. This meeting began with a ten-minute mindfulness session, followed by a discussion on healthy eating, and concluded an activity that focused on identifying and committing to habits they wanted to continue in their daily lives. This session offered a chance to start understanding how to make sustainable changes that will benefit both physical and mental well-being in the everyday life.

ADVICE FROM A COLLEGE SCHOLARSHIP RECIPIENT

The second half of this session was focused on scholarships. Guest speaker Aayuska Luitel, who is a Questbridge Scholarship recipient, shared advice on applying for multiple scholarship programs and navigating the college application process. Aayuska offered a some constructive scholarship opportunities found on a spreadsheet and explained her journey on her college application to Duke University. She also highlighted the importance of applying for as many scholarships and colleges as possible to increase chances of success. She wrapped up this session by reminding the audience to stay proactive, no matter what step they are at for navigating college or scholarship applications. By sharing her personal experiences, Aayuska gave Teen Council Members the inspiration to take full advantage of the opportunities available to them.

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