

2026 STROLL INTO LIGHT

STUDENT SCHOLARSHIP PROGRAM

CREATE + REFLECT

Tipping the Balance Between Hope & Despair

Stroll Into Light brings students, families, and our community together to increase mental health awareness, encourage connection, reduce stigma, and remind one another that no one has to walk through life's challenges alone.

Through the generosity of our walkers, sponsors, and community partners, Stroll Into Light will award \$500 scholarships to 2-4 graduating seniors in 2027.

TWO PATHS TO A SCHOLARSHIP

CREATE

T-Shirt Design Scholarship

One \$500 scholarship will be awarded to the student whose original design is selected for the 2026 Stroll Into Light T-shirt. The winning design will help share the Stroll Into Light message of hope, connection, awareness, and community.

[T-shirt design guidelines and submission requirements to be provided separately.]

REFLECT

Mental Health Awareness Scholarship

Additional \$500 scholarships will be awarded to graduating seniors based on their application, involvement, and short essay reflecting on the importance of mental health awareness.

Please complete the application below. Additional pages can be attached if needed.

ELIGIBILITY

- Be a graduating high school senior attending a school in Forsyth County, North Carolina.
- Be in good standing with their high school.
- Plan to attend a two-year or four-year college or university following graduation.
- Submit all required application materials by **January 15, 2027**.

Important: Students do not need to have a personal mental health diagnosis or history to apply. Mental health awareness can be demonstrated through understanding healthy ways to manage stress, supporting others, recognizing when help may be needed, reducing stigma, building community, or other experiences and perspectives.

STUDENT INFORMATION

Student Name: _____

High School: _____

Email: _____

Phone:

College/University you plan to attend (if known):

Intended major or area of study (if known):

SCHOOL & COMMUNITY INVOLVEMENT

Please list up to three school, extracurricular, work, or community activities that have been most meaningful to you during high school. These may include athletics, clubs or organizations, leadership, community service, volunteer, employment, church or faith-based activities, arts, or significant family/community responsibilities.

1. Activity / Organization

Activity / Organization:

Role or Leadership Position:

Years Involved:

Brief Description of Your Involvement:

2. Activity / Organization

Activity / Organization:

Role or Leadership Position:

Years Involved:

Brief Description of Your Involvement:

3. Activity / Organization

Activity / Organization:

Role or Leadership Position:

Years Involved:

Brief Description of Your Involvement:

GETTING TO KNOW YOU

1. Looking back on your high school experience, what activity, club involvement, job, volunteer experience, accomplishment, or relationship has had the greatest impact on the person you are today?

2. What are your plans after high school, and what do you hope to accomplish through your education and future career?

REFLECT

Short Essay - 250-500 Words

Stroll Into Light was founded on a simple but powerful belief: together, we can help tip the balance between hope and despair.

Mental health awareness isn't only about recognizing mental illness. It can also mean understanding how to care for our own well-being, knowing when and how to ask for help, recognizing when someone else may need support, developing healthy ways to manage stress and challenges, and helping create a community where people feel seen and supported.

Essay Prompt

What does mental health awareness mean to you? How has your understanding of mental health influenced the way you care for yourself, support others, or approach challenges - and how do you hope to carry that awareness with you into college and your future community?

There is no particular experience or story we are looking for. You may choose to write about your own habits or experiences, something you have observed or learned, supporting others, athletics or other activities, managing stress, reducing stigma, building community, or another experience that has shaped your perspective.

You do not need to have a personal mental health diagnosis or history to write a meaningful response, and you should not feel obligated to disclose private medical or mental health information.

We want to hear your perspective, in your voice.

Attach essay or enter response below:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

SCHOOL VERIFICATION

To be completed by the student's school counselor or designated school official.

I verify that _____ is currently a graduating senior at _____ High School and is a student in good standing.

Counselor/School Official Name: _____

Title: _____

School Email: _____

Signature: _____

Date: _____

STUDENT CERTIFICATION

I certify that the information provided in this application is accurate and that the responses and essay submitted represent my own work.

Student Signature: _____

Date: _____

SUBMISSION

Application Deadline: January 15, 2027

Submit to: akoonin@performancedrivenpt.com

Scholarship recipients will be notified by: March 1, 2027

5th Annual Stroll Into Light

Sunday, November 15, 2026 | Mount Tabor High School Track

Website: www.strollintolight.org

Together, we can continue to bring hope, awareness, connection, and light to our community.