

***Healthy Hall of Fame***  
**Clinton Howard- Organizational Management Transfer**  
**Student & ASLCC President**  
**Winter 2018**

**Getting to Know Clinton:**

Life for Clinton was very tough growing up (see Transforming lives article below). He has compassion for others and always puts others first. This is one of his greatest strengths, but can also be a weakness when he puts others before himself. He is outgoing, funny, and always tries to be thoughtful of his words.

**Outlook on Life:**

Clinton believes that you can speak (or think) things into existence and that staying positive is important. He believes that we can accomplish anything we believe in our hearts, and that our thoughts can change the trajectory of our paths. His life was changed by positive thoughts that turned to positive action.

**Keeping Stress Low:**

Clinton is incredibly involved at LCC as the student body president. He sits on a number of committees, is responsible for reporting to the board of trustees, and is a full-time student. He successfully manages everything by focusing on one thing at a time by self-delegating his tasks.

**Focusing on the Positives (Despite all the Negative in the World):**

Any situation can be a learning experience and there is always good that can be found in any of those situations. For example, Clinton said even though he spent time in prison, he learned to draw and found passion in drawing.

**Motivation to Inspire Others to Be Positive:**

Clinton feels that a positive influence could have made a huge difference in his life growing up. He wants to teach others that there are other choices to be made. He wants to help others transform their lives.

### **Advice to Others:**

When you make the choice to change something in your life, use that motivation to push forward and never look back. Always remember where you came from and allow that to fuel your motivation.

### **Transforming Lives Article – TDN**

LCC student body president Clinton Howard was born with drugs in his system, and immediately thrust into a world filled with crime and despair.

Addiction ultimately led to his father's death at age 42. His brother, also an addict, has been behind bars for the majority of his life. In this troubled setting, Clinton grew up believing that his destiny was to be a drop out, addict and criminal—just like others in his family.

For a time, Clinton's life was definitely moving in that direction. When his school expelled him in the eighth grade, Clinton essentially had nothing to do. He began using drugs, which eventually turned into an addiction. Like others around him, he looked to crime to fuel his habit. He earned a G.E.D. along the way to satisfy authority figures in his life, but it did not lead to lasting change. Eventually convicted of multiple felonies, Clinton spent nearly six years behind bars. He accepted his fate, unaware that any alternatives existed.

One day it dawned on Clinton that he could choose a different outcome for himself. After some research, he made the decision to return to school and ultimately enrolled at LCC. As the first person in his family to attend college, Clinton initially doubted his ability to succeed. Like many first generation students, he worried that he was not smart enough for higher education. Eventually, his fear of incarceration and death drove him to believe that a better life was possible.

Once at LCC, Clinton committed himself fully to academics and student life, and the accolades are piling up. He has earned a place on the "President's List" for academic achievement for every quarter he has met the minimum credit threshold. He received the Outstanding Student Award in Psychology in 2016-17. He is the 2017-18 President of the Associated Students of Lower Columbia College, and serves as vice president of the honor society as well.

Clinton has also made time in his busy schedule for service. He has collaborated with the ARC of Cowlitz County and the Environmental Health Department. He has been

very involved with LCC's efforts to create a food pantry, called *Food for Thought*, to assist students struggling with food insecurity.

After completing his Associate in Arts – Direct Transfer Agreement at LCC, Clinton plans to continue his education in pursuit of a Master's Degree in Organizational Management. His ultimate goal is to help inspire, motivate and teach others about how to make positive changes in their own lives.

The Washington State Association of College Trustees (ACT) created the Transforming Lives Awards program in 2012 to recognize current or former students whose lives improved by pursuing higher education at a community or technical college.