

Healthy Hall of Fame

Holli Schray- Student (3rd Year/Work Study Employee) – Fall 2017

Getting to Know Holli:

Holli is a single mom with 3 kids, ages 13, 9 & 7. She works 2 jobs; one here on campus as a barista and the other as a CNA at Frontier Rehab. She is a full-time student in the nursing program. Holli is friendly, outgoing, hardworking and ambitious.

Keeping Stress Low:

Holli keeps things in perspective. Everyone has stress, so she reminds herself that she has a good life.

Holli's Outlook on Life:

Holli is optimistic about the future, determined to make a good life for her family, and to be successful.

How Holli Finds Balance:

One way that Holli attempts to find balance in her life is by simplifying things. Even though her kids are involved in extracurricular activities, such as swimming and football, she tries not to over schedule and she makes sure that she stays organized. Her family is supportive in spirit, but they don't offer much hands on help.

Focusing on the Positives:

Holli reminds herself what she wants to get out of life. She loves helping others, learning and going to school. Keeping these things in mind helps her to stay focused.

Holli's Motivation:

Holli is motivated by being a good mom; the best mom that she can be. She knows that she has a lot to look forward to after she completes her schooling and it keeps her working towards her goals.

Words of Wisdom:

Holli's advice for those who are struggling with balancing life would be to take it one day at a time. Holli believes that, "if today is hard, tomorrow will be better," and that sometimes, "you need to just take a step back, re-organize and re-group."