

## Mark and Maryann



**Mark graduated from Swenson Arts and Technology High School and was admitted into the National Technical Honor Society, Class of 2014**

Mark and his Supports Coordinator, Maryann Fricano, thought that he should be nominated for the National Technical Honor Society at Swenson High School. Maryann strongly encouraged Mark to go for what he wanted. Mark is a great example of how we might learn to balance that rare combination of assertiveness and humility. Here is part of what Mark wrote in his self nomination:

*"I deserve to be in the National Technical Honor Society for many reasons. I am a student with an intellectual disability who does not let my disability limit me. I come to school every day even when I am sick, and always put forth my best effort and concentrate on my work. I complete all my assignments and class work on time. I am an overachiever. I am a Captain in Swenson's Junior ROTC program. I am a Senior Senator for the student government. I have volunteered as a farm hand and a tour guide at the Foxchase Farm.*

*When I am at home, I am always willing and happy to help out the senior citizens that live in my neighborhood. I help them with shopping, carrying groceries and shoveling snow. I am extremely reliable to my friends and to the adults in my life. I am always the student that teachers will ask for help with anything that they may need. I am conscientious and a hard worker. In conclusion, I believe that I am an amazing example of what the National Technical Honor Society represents and is looking for in their members. I thank you in advance for your consideration."*