



# Emily Peralta

## EFFECTIVE COMMUNICATOR

### About Me

My name is Emily Peralta and I'm a junior at Norwalk High School. I'm Guatemalan and I was born and raised in Stamford, CT. I'm from a family of 6 and I'm the middle child of my family. I work at a restaurant as a hostess on weekends and part of that opens up the effective communicator side of me. I enjoy being around and working with young kids and special ed kids, so for college and career, I'm working towards pursuing a field within that industry. I believe that I'm the type of person that is really open to trying new things, I like to put myself out there, even in moments I don't feel most comfortable because I know that later on I'll be happy I tried it out, instead of living in regret that I stood to the side. I played field hockey my sophomore and some of my junior year. Even when there was pressure, I enjoyed being surrounded by a team and feeling the rush of adrenaline.

### **I am an Effective Communicator when I communicate for others who cannot communicate for themselves.**

There are multiple ways to communicate, not just through words but also actions and motives. People reveal themselves and their characteristics through these which is why it's so important to be aware of how you display yourself and the effect you leave on people when communicating. I demonstrate being an effective communicator through my job, my personal life, school and sometimes I even find myself communicating for others when they can't. I dislike sitting in silence; if something bothers me, I'm quick to speak up about it. Sometimes I feel I overstep whenever I see someone else is sitting in silence, and I try to become that voice for them. As a hostess, it's my job to talk with customers and make sure they are satisfied with their seating, orders, etc. I feel that communicating is an essential skill to have because problems, concerns, almost everything can be solved through conversation and action.

**"I was looking for the answers in somebody else but I had them. All the answers" - Robin Buckley**

# 37

FH Jersey  
Number

# 435

Duolingo days  
streak (French)

# 160

Increase on PSAT  
score

# 3.7

GPA