

Ava graduated from St. Paul Central High School in June 2022 and currently attends the College of Saint Benedict (CSB), where she will graduate in spring 2026 with a Bachelor of Arts degree in Global Business.

As a current freshman at CSB, Ava is taking various courses including Accounting, Spanish, Theology, Intro to Exercise, and Health Science. When asked if she has involved herself in extra-curricular activities at CSB, she responded “my work-study job takes up a lot of my time. I work in Athletic Media Relations which means I work at every Johnnie home game taking stats for Football, Soccer, Hockey, Basketball, and Baseball along with various other tasks during the week.” Ava also mentioned that college was not what she thought it was going to be. While in high school Ava was in Post-Secondary Enrollment Options (PSEO) at Concordia St. Paul and mentioned that it is drastically different than attending CSB, “there is always activities to do during the week but it is also a lot busier than I expected, I just needed to adjust and I was Okay :)”, Overall, Ava is enjoying college and has made a small group of friends that she is close with.



Ava's typical day includes waking up around 8 am and doing some studying before heading to her morning class at 10 am. When her morning class ends, she eats lunch and wraps up her afternoon classes around 2:30 pm. Once classes are done, Ava likes to relax by taking a hike around the Saint John's University campus (SJU) or getting a quick workout in at the gym. Ava then goes back to her dorm to shower and eat dinner around 5 pm before she studies for the rest of the night. If she has extra time after studying, Ava likes to hang out with her friends before calling it for the night.

When asked how UB helped her prepare for college, Ava replied “UB helped me learn how to advocate for myself and reach out to others if I need something. Along with having me learn about essays and cover letters which was SO EXTREMELY HELPFUL. I learned how to study better and because some people on the UB staff were alumni, I was able to learn little things about my college or who to reach out to and how to find things on the website which was such a nice help.” Ava's advice for our current UB students is to prepare yourself. Listen to what the staff are telling you when it comes to preparing for college. It will save you so much time later in college. She wants students to know that it is okay to not know what you want study when you go to college. She stated “Most people are kinda just winging life. There are some people that were just born exceptional and know what they want to do and how to but not everyone is like that and that is totally okay!! :) allow yourself to try new things and take care of your mental health, it is so so important!”

Looking back at some of Ava's favorite UB memories, she said “I can't decide between them. I had a lot of good ones freshman year and senior year (COVID years were tough online)”. If she had to pick, she would say bridge night. She was very close with her classmates and everyone knew each other which made everything so much more fun. It was great to be with the people she knew and cared about, and doing fun things she normally wouldn't have done.

UB would like to wish her a strong finish for her first year!