Pause and Reflect
FOUNDATION

The Pause and Reflect Foundation Scholarship
In Memory of Gladys Reising (Rowlett)

Award Overview

The Pause and Reflect Foundation is proud to honor the legacy of Gladys Reising (Rowlett) through an annual scholarship that recognizes a graduating minority student who exemplifies compassion, integrity, and resilience.

Scholarship Details

- **Award Amount:** $500 (one-time, non-recurring)
- **Number of Awards:** 1 recipient per year
- **Eligibility:** Graduating minority student who will attend an **out-of-state** college or university after high school graduation

Essay Requirement

Applicants must submit a **750–1000 word essay** addressing the theme:
"What does Pause and Reflect mean to you in your life through service to others, personal life experiences on adversity you have overcome, or what you seek to accomplish in your travels?"

Essays should also explain how the applicant will champion the Foundation's vision:
"Do what is right, what is decent, and what is kind."

Letters of Reference

Applicants must include **two letters of reference** from non-family members or secular individuals (non-clergy).

Selection Process

The Pause and Reflect Foundation Board will review all applications and select the recipient based on essay quality, demonstration of resilience, and alignment with the Foundation's mission.

Award Distribution

The scholarship will be paid directly to the student via check or wire transfer.