

# HALEY POLK | MICHIGAN LACROSSE Ø>ÝM

<https://silosolo.com/780970>

## Summary

This Silo talks about the importance of being oneself, giving the best effort, and having a resilient and aggressive mentality. It also discusses the significance of focus, honing in on priorities, and balancing academics with athletics in the college experience. The recruiting process emphasizes being oneself and focusing on strengths. Representing Michigan is described as an incredible experience, emphasizing academics, the lacrosse program, and school spirit. The speaker advises people to be themselves, communicate honestly, prioritize academics, and lean on provided resources when struggling with decision-making.

## Silo sample questions

- What is the best piece of advice given to the speaker?
- What are some important things the speaker learned in college?
- What does the speaker emphasize about the recruiting process?
- How does the speaker describe the experience of representing Michigan?
- What advice does the speaker give to people struggling with decision-making?

## Topics

Advice

College experience

Recruiting process

Representation

Decision-making

## Key Takeaways

- To be oneself, give the best effort, and have a resilient and aggressive mentality.
- The importance of focus, honing in on priorities, and balancing academics with athletics.
- Being oneself, focusing on strengths, and letting coaches see the best version of oneself.
- Michigan is everything to the speaker, with emphasis on academics, lacrosse program, and school spirit.
- To be oneself, communicate honestly, prioritize academics, and lean on provided resources.

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