



Kay S.

Nursing
Maryville University

Kay tried for years to stop drinking but was never successful for more than a short time. Most people considered her hopeless in her addiction. After one drunken night, where she had once again hurt and disappointed her family and daughter, Kay knew she had to get sober for good this time. She called a friend, went to a meeting that very day, and prayed hard for help.

“Early in my recovery, someone told me that if I wanted to be happy, joyous, and free, I needed to work the steps, pray, find a higher power, and get into service work, which is exactly what I did,” said Kay. “Through AA and God’s loving grace, I became a whole person with self-esteem and self-worth.”

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*I am so grateful to have
a career where I can
make a difference.*
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When Kay first got sober and went back to college, she did not think she was smart enough to become a nurse. She was studying psychology, but her true dream was to become a nurse practitioner. As she gained self-confidence, she worked one day at a time towards her goal.

Kay applied for a scholarship because she was worried about accumulating large amounts of student loan debt. “The Next Step made it financially possible for me to obtain my undergraduate degree in nursing and continued to support me as I pursued my graduate degree. I don’t know if I would have made it this far without their help! You should believe in yourself and God’s plan for you.”

Kay is graduating this December from Maryville University with a Master of Science degree in Nursing and will take her board exams this spring. In a few short months, she will reach her goal of becoming a Family Nurse Practitioner, and looks forward to continue to serve others in the St. Louis community.