



## **Kaela Ames, Norfolk State University- c/o 2021, Biology & Pre-Medicine**



**Name :** Kaela Ames

**Your HBCU :** Norfolk State University

**Graduation Year :** 2021

**Major :** Biology & Pre-Medicine

### **1. Where are you from? Who introduced you to HBCUs?\***

I am originally from Portsmouth, Virginia, but my father's family has lived in Norfolk for generations.



### **2. Why did you choose an HBCU over a pwi?\***

I chose an HBCU over a pwi strictly for the cultural experiences that I wouldn't find anywhere else.

### **3. What is the story of your "experience" at Your HBCU given its heralded status as a stellar and prestigious institution?\***

My story is special. Norfolk State University has been a part of my families lives for four generations. My grandmother's old home was directly where my residential hall is now. My father, his brother and my grandmother were all born on my campus as well as my grandmother and father graduating from Norfolk State University. NSU has found its way back into the Ames families' lives once again giving me new experiences, opportunities, and new relationships.

### **4. "First time" experiences at your HBCU?\***

Since being enrolled at Norfolk State University I have been a part of the Miss Omega Psi Phi Fraternity Inc. Scholarship Pageant, Student Ambassadors, Student Government Association, and the Norfolk State University Cheerleading Team. I have been enriched by each of these programs never having done any of them before. They each have taught and are still teaching me valuable lessons that I will take with me in my journey through life.

### **5. Who are the professors that have impacted your life in and out of the classroom? How did they do that?\***

To name one Professor who has impacted me and continues to make me smile and brighten my day, I would have to say Dr. Howard Duncan. His teaching style is like none other and his infectious jokes and joy makes everyone around him light up with the same joy. I only see him in passing these days but he will forever be my favorite professor at Norfolk State University.



**6. What sports do/did you play at your HBCU? What positions?**

I am a cheerleader at Norfolk State University.

**7. What are the chants heard most often at the sporting events?**

The one that a lot of our crowd loves is “Control” and “Rock the Green and Gold”.