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“We’re building more than a newsletter—we’re creating a space that promotes personal growth for a happy, meaningful life.”

Message from the Shah Foundation and VE International

Realizing our Potential

Dear Scholars,

Spring is just around the corner, bringing a sense of renewal and hope. It is a season of rejuvenation, of clearing what no longer serves us and emerging from emotional, spiritual, or physical dormancy into new light. Our featured reflection by one of our recently graduated scholars, Kayla Hua, captures this spirit of renewal.

Her reflection on “realizing my potential” raises an important question: **Do we truly know our potential in advance?**

Kayla’s reflection offers a thoughtful answer. Her story shows that potential is not something uncovered by waiting until we feel ready, but something that unfolds when we choose to be involved. Confidence and clarity grow through participation, through stretching beyond comfort, and through the steady support of community.

At the D&P Shah Family Foundation, in partnership with VE International, our Life Skills Scholarship is grounded in this view of development. Academic progress matters, but equally important is learning how to stay curious, adapt through experience, and continue evolving long after graduation.

Kayla’s journey reminds us that becoming is not something we complete, but something we continue. This unfolds over time as we engage more fully with our lives.

May you continue to grow by showing up fully, curious, engaged, and open to who you are becoming.

Deena and Pravin Shah

Deena & Pravin Shah
D&P Shah Family Foundation

John Widlund

John Widlund
President and CEO, VE International



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Pause & Think

A moment to breathe, reflect, and grow.



This season's question reflects Kayla Hua's story, *"Realizing My Potential: What I Learned by Fully Getting Involved."* Kayla's story highlights the importance of pushing past fear through action and involvement. As you read her reflection, take a moment to pause and consider your own journey.



What part of your potential are you discovering by getting involved right now?



"Believe in your infinite potential. Your only limitations are those you set upon yourself."

- Roy T. Bennett



Realizing My Potential: What I Learned by Getting Fully Involved

Kayla Hua



Kayla Hua
Georgia Tech
College Grad '25

When I first joined Alpha Xi Delta, I felt both excited and unsure of myself. I didn't know where I fit or what I was capable of. Our motto — **"Realize Your Potential"** — felt more like a nice idea than something real.

That changed when friends encouraged me to apply for a leadership position I didn't think I was ready for. I hesitated, but older members pushed me to step out of my comfort zone. Once I immersed myself instead of standing on the sidelines, everything shifted. I ended up serving in two director roles that helped me grow as a leader and as a person.

What made the most significant difference was the community. We supported each other with résumés, interviews, study sessions, and countless small acts of encouragement. Those everyday moments built my confidence far more than any title ever could.

"I discovered that growth happens the moment you fully immerse yourself. When you push past hesitation and get involved, confidence builds — and with the right community, your potential expands in ways you never expected."

The same lesson carried into my co-op at Delta Air Lines. I entered excited but nervous, wondering if I belonged in a corporate environment. I learned to stay curious, ask questions, and give myself grace as I adjusted. With each rotation, I grew more confident, and I discovered how meaningful it is to work in a place where values and kindness truly matter.

Now that I've graduated, here's what I know for sure:

- The magic happens when you get involved, not when you hang back.
- Growth starts the moment you push yourself past fear.
- Your community profoundly shapes who you become.
- Potential isn't discovered — it's developed through action.

Looking back, I entered with excitement and fear. By fully immersing myself, I left stronger, more confident, and ready for what comes next.



**Thank you to our dedicated scholars for
their contributions to producing our
newsletters!**

Spring 2026 Newsletter



Shenalee Kanthiarachchi
Fordham University
Sophomore

Winter 2025 Newsletter



Sara Pardomuan
The Cooper Union
Freshman

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