

The Quell Foundation Fighter Scholarship

Application Preview & Preparation Guide

This document is provided for your convenience and outlines what will be required in the new online Fighter Scholarship application so you can prepare materials in advance. Applications (including supportive documentation) must be **submitted in full during the application window**; early or late applications will not be reviewed.

Application Submission Window

March 6, 2026 – March 13, 2026 (11:59 PM PST)

Award Overview: Fighter

- One-time scholarship award of **\$2,500–\$5,000**
 - Funds apply **only to tuition** for the **2026–2027 academic year**
 - Scholarship checks are mailed to the recipient but **issued to the college or university**
 - Recipients may be invited to participate in The Quell Foundation awareness events and exclusive activities, such as leading a sponsored club, joining exclusive advisory boards, and screenings of Foundation documentaries.
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Eligibility Snapshot

Fighter Scholarship applicants must meet **all** of the following criteria:

- Live with a diagnosed mental health condition, as documented by a health-care professional
- Be in active treatment with a healthcare professional
- Be accepted and enrolled in an accredited U.S. college or university
- Be either:



- ◇ A graduating high school senior accepted to an accredited university, **or**
- ◇ A current undergraduate or graduate student maintaining **full-time enrollment**
- Demonstrate a **minimum GPA of 3.20**
- Apply scholarship funds to tuition expenses at a **degree-granting institution** during the **2026–2027 academic year**
- Demonstrate understanding of and commitment to The Quell Foundation's mission by way of demonstrated advocacy, lived experience, or meaningful engagement in mental health awareness efforts.
- Adhere to all behavioral, professional, and ethical standards of their educational institution

If awarded, recipients:

- Are encouraged to support The Quell Foundation awareness efforts, including campus screenings of *Portraits of Life with Mental Illness*, Lift the Mask Club activities, and community events
- Must submit a **headshot and thank-you video** following preliminary award notification (to be shared with donors and via media platforms)
- Must ensure scholarship checks are submitted to their college or university and deposited by October 2, 2026

Further eligibility details are available in the [FAQs](#).

Application Snapshot

Section 1: Personal Information

Be prepared to provide:

- Full legal name, preferred name, and pronouns
- Permanent mailing address (used for scholarship correspondence)
- Phone number and personal email address

Section 2: Education Information

You will be asked for:

- High school name
- College or university you attend or expect to attend
- State where your college/university is located
- Student ID number (or N/A if not yet assigned)



- Full-time enrollment confirmation
- Credits earned to date
- Year of study and projected graduation date
- Major or degree program
- Internship/practicum site (if applicable)
- Employment status

If you have not finalized your college decision, prepare to list the institution you are most likely to attend. Final confirmation will be required prior to checks being issued.

Section 3: Academic Record

Prepare to upload:

- **Most recent transcript** (official or unofficial)

Section 4: Financial Documentation

Prepare to upload **one** of the following (most recent, not older than 2024):

- Form 1040
- Student Aid Report (SAR)
- Tax return

Dependent students must submit household documentation; independent students submit individual documentation.

Section 5: Personal Statement

The Quell Foundation Fighter Scholarship honors students who demonstrate courage, resilience, and a commitment to caring for their mental health and overall well-being.

In your essay, please share your personal experience of living with a mental health condition and how you have learned to navigate challenges related to self-care, treatment, or adversity. Please reflect on moments that shaped your understanding of yourself; strategies, supports, or practices that help you maintain wellness; and ways your experiences influence how you show up for yourself, your relationships, or your community.

Your response should offer an authentic picture of your journey, recognizing that healing and community impact can look different for everyone.



- 475–525 words
- Include your name and the word "Fighter" in the document header

Section 6: Letters of Recommendation

Prepare to upload OR have the writer submit (using the [unique url](#) provided within the application) within the application window **(March 6, 2026 – March 13, 2026 (11:59 PM PST))**

- Two letters of recommendation
- Dated within 12 months of application submission
- Letters may be from a professor, counselor, coach, employer, or similar
- **Must** include the writer's signature, date written, and contact information

You will also provide:

- Name and email address for each Writer

To qualify, applicants are responsible for ensuring both letters of recommendation are submitted correctly and within the designated application window.

Section 8: Parent/Guardian Information

- Parent/guardian name and phone number (if under the age of 18)
- Parent/guardian highest level of education

Final Review & Certification

Before submitting, you will be required to certify that:

- All information provided is accurate and complete
 - All uploaded materials are authentic
 - Letters of recommendation were not fabricated, plagiarized, or altered
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Notification Timeline

- Applicants will be notified of preliminary selection by **Friday, May 8, 2026**
 - Applicants may be invited to participate in an interview with the scholarship committee
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Questions & Support

- FAQs: thequellfoundation.org/faqs
- Email: scholarships@thequellfoundation.org

We strongly recommend gathering all required documents before beginning the application. Closing the tab or browser on which you are completing the application may erase progress. If the form has been started prior to the application window, to preserve progress applicants are encouraged to either keep their tab open until the submission window begins, or, prepare their responses in a separate locally-saved document.

Thank you for your time and efforts!

