

**Elizabeth Guting**  
**STUDENT OF THE MONTH**  
**Los Altos High School**  
**October 2023**



**Senior**

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Los Altos High School is proud to honor Elizabeth Guting as our October Student of the Month.

Elizabeth is incredibly dedicated to giving back to her community. She provides childcare for local parents, both informally and through Junior Leaders and the city of Mountain View. She also volunteers with the second harvest food bank of silicone valley to support families during the holidays, and has been a girl scout since elementary school, helping other scouts while learning life skills and money management. She also led fundraisers for victims of the war in Ukraine, raising over \$800 in one day alone.

Elizabeth is an athlete as well as an excellent, and has played Soccer in a variety of clubs for almost 8 years. Through the AYSO recreational league and AYSO spring select, in addition to MVLA Soccer Club, Elizabeth has proven herself as a dedicated and talented team member and player on and off the field. She has also started refing recreational games in her sophomore, junior and senior years.

At Los Altos, she is also Co-President of Filipino Student Union, where she organizes bimonthly meetings and fosters a community of students in celebrating and exploring their Filipino heritage. In addition, she organizes volunteers for larger Asian American Pacific Islander projects and events.

Elizabeth's favorite subjects at LAHS have been AVID, chemistry, and math. Through AVID, she has been awarded the Academic Excellence, Rising Star, and multiple Academic Achievement awards.

Elizabeth plans to major in Kinesiology to become a physical therapist or sports medicine physician, to foster her passion for helping people and working with others. While she had hoped to pursue a career in a healthcare related field for years, she discovered her specific interest in sports medicine after she injured my knee playing soccer, and attended physical therapy for about 8 months. After completing an internship at El Camino Hospital and getting to shadow different job fields, including physical therapists, she is excited to utilize her own experience, both as patient and intern, to help people in college and beyond.

Congratulations Elizabeth Guting for being our October Student of the Month and for all your success and dedication in bettering our community.