

John Galvez

2026 CARTHA *Nimma Resilience Fellow*

I am John Galvez. I love solving problems in mathematics, science, and technology. I have worked extensively to improve my skills in math and have found a deep passion for the language. I have also applied much of this math in the programming that I do for my school's robotics team. My work across many different activities has empowered me to learn more about leadership. This has only solidified my compassion that I use to guide my actions.

What are your aspirations for humanity?

I dream that someday people may be able to forgive each other and see the underlying closeness we all have. Today, many people are suffering and dying from poverty, war, and other preventable problems. Many have dedicated themselves to belonging to a certain group and cannot see others as similar to them. Punishment and revenge have been prioritized, with little care for the future. I hope that in the future, we may see that we are more similar than we are different.

What does collaboration mean to you?

Collaboration, to me, represents a unified focus to work together, regardless of other disputes. It is a *We* and not an *I*. I have gotten the opportunity to collaborate with many before, and I am extremely grateful for it. By working together to lead sections of musicians or classes of students, *we* were able to achieve far greater feats and undertakings than any of us could alone.

What does music mean to you?

To me, music represents many domains and emotions. It serves as entertainment for my daily drives and a way to step back and relax during free time. It becomes an art and a sport while I perform it and practice my trombone to hone my abilities. When I look through the eyes of science, I can peek at a realm of waves and beautiful mathematical relationships. At last, in some of my hardest moments, music can be meditative and peaceful, a way to calm down.

What are some healthy coping skills you have utilized in your daily life or to effectively confront some perceived/real challenges you face?

I have found multiple healthy coping skills after searching through many unhealthy ones. For me, meditation and silence are my most powerful. In a world where fast social media and life are ever-present, taking a break and turning inwards can yield amazing results. By reflecting, I can evaluate where I am and where I want to go. I have also found that taking a few deep breaths can quickly relax in tense situations. Other than these two methods, there are many activities that I like doing to decompress after periods of high stress. Going on walks or hikes in nature and just getting outside are wonderful. When the weather isn't nice, or I want to do something else, I enjoy playing the trombone. Playing music is not only peaceful, but a way to focus on something non-technical. Along with this comes reading, although it can require more mental energy.

I became familiar with CARTHA when my Mom took me to one of CARTHA's musical exploration events. I met many wonderful people including CARTHA Founder Usha Balakrishnan who has since provided me invaluable advice and support. *[John did not know that his Mom, Elizabeth Hoover de Galvez, has continued as a collaborator to Usha and CARTHA after having served as a 2007 CARTHA Fellow!]*