

A. AGILITY / ADAPTABILITY

Agility, in physical terms, is the ability to move easily and quickly. But in a mental perspective, it is the ability to think and understand quickly.

I have manifested agility a few times before. Being a highschool student requires adaptability and agility. How I quickly adjust my schedules and priorities when a school work is announced, or how I come up with an answer when being put on the spot by a teacher during class is a quick example of times I manifested agility.

B. EFFECTIVE COMMUNICATION

Effective communication doesn't stray far off from adaptability, in fact, effective communication also requires for speakers to ADAPT to the conversation. I can't count up the times I have had truly effective communication with someone, but I can list down a few situations when I had effective communication with someone.

I have had a hard time working on my research paper, and I believe that I had those problems due to lack of communication with the assisting teacher. I was wondering and asking myself the same question, "why do we have to do this?" or "why do we have to do that?". But once I consulted with the teacher regarding my difficulties with the class, it all cleared up, I started to see the picture and got answers to my questions. This event taught me that I need to step up and ask questions when I have difficulties with myself, because no one's going to ask them for me if I don't do it myself.