***At Boston College, we hope to draw on the Jesuit tradition of finding conversation partners to discuss issues and problems facing society. Who is your favorite conversation partner? What do you discuss with that person? (400 Words)***

Keith Bryce, my best friend for five years, has always been my conversational partner on anything related to Esports, gaming strategies, and the accompanying philosophical values behind it. He’s an introvert, so I usually have to initiate our conversation. Eventually, our chats brought us to our first gaming competition in 2020, which led to the branching out of our conversations to one of the most pervasive issues of life: anxiety.

I've always been nervous. On our first match, I remembered my hands getting cold and shaking profusely from getting up on stage. Keith, however, seemed calm. He told me to take a deep breath through the nose, hold for 3 seconds, exhale through the mouth. He then recited a bible verse as he held my hand to pray to God for strength. Surprised, what he did calm me down. I could breathe normally, my hands stopped shaking, and I played like I always do. We didn’t win, but I gained something more important: a method to overcome my nervousness.

Ever since, we would talk about ways to help people with anxiety. To facilitate our conversation, I’d google popular books and articles about dealing with such issues starting from Burns’s “When Panic Attacks CD” to scholarly articles from Current Psychiatry Report on “Moving to Beat Anxiety.” As I brought up new issues each time I read chapters of a book or an article, we’d always mention how the methods from these sources were for those with extreme conditions. However, we acknowledged that if they work for them, it should work for us - the non-extreme ones - daily. We’d also try different methods, such as praying, multiple breathing techniques, exercising, playing games, and more, to see which worked out best and share it with our family and friends.

Eventually, we learned that people have triggers for their anxiety and nervousness. However, that shouldn’t stop them from functioning under pressure. So, in college, Keith and I vow to one day be able to help people overcome their anxiety and nervousness, even if we have to do it one by one.

Hi Daniel,

Strong issues brought up – I would wrap up the essay by writing about how you plan to transfer this conversational habit to Boston College. Do you plan on joining or starting a similar student organization? Volunteer or do an internship with a company that addresses these issues? Adding these things will allow the admissions officer to picture your positionality in the school.

C.G.